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RUBY RED BEET SOUP
GOODNESS & FLAVOUR HAVE NEVER LOOKED PRETTIER {page 38}

TAKING CHARGE
NEW CAPS COACH SEES LOTS OF ROOM FOR IMPROVEMENT {page 39}

HARK
IT'S A HAROLD & KUMAR CHRISTMAS FOR HARRIS {page 24}

VANCOUVER metro®
Thursday, November 3, 2011
www.metronews.ca
News worth sharing.

Occupying Santa

Tent city at Vancouver Art Gallery forces organizers to reroute Santa Claus Parade

MATT KIELTYKA
@METRONEWS.CA

JEFF HODSON/METRO FILE

▶ Santa waves from his sleigh during the 2006 Santa Claus Parade in Vancouver.

Apparently there's no room for carolling and reindeer at Occupy Vancouver.

The organizers of the Rogers Santa Claus Parade announced yesterday that the annual event on Dec. 4 will be rerouted away from the Vancouver Art Gallery because the grounds are "not available this year."

On Tuesday, Vancouver city council decided it wouldn't force the removal of tents that have been on the gallery grounds as part of the Occupy Vancouver protest since Oct. 15.

For the past four years, the parade has used the gallery grounds as a Christmas square, featuring live entertainment, children's activities and the central location for the parade's donation drive for the Greater Vancouver Food Bank Society.

"It's really the hub of the parade," explained producer Robyn Jones-Murrell.

But not this year.

Because of Occupy Vancouver, organizers have rerouted the parade to turn north on Burrard instead of continuing east on West Georgia past the gallery.

The Christmas square has also been moved from the central VAG site to Thurlow Street, between Georgia and Melville.

Instead of handing the protesters a lump of coal, Jones-Murrell said she's focused squarely on ensuring the parade is a success.

"We're just working with the city to find the best option," she said. "We're excited about the new route and can't wait to get going."

Local

Bedbugs be gone

- Local company says it's creating safe, pesticide-free repellant
- Pheromone-based solution uses scents to control pests {page 3}

Oh, baby

Woman claims Bieber is father of her child {page 28}

Coming to a school near you

Video contest offers students a chance to win visit from Canuck Alex Burrows {page 10}

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Driver will likely face stiffer charge

A 26-year-old Burnaby man could face a charge of manslaughter for allegedly running over a man with a vehicle after a fight on the side of the road in Vancouver in mid-October.

Jessie David Daniel Thomson, 22, was struck by a vehicle in the 600 block of Terminal Avenue after being assaulted by two men. He died from his injuries on Tuesday.

Donald Denis Cote, 26, was arrested without incident and charged with criminal negligence causing bodily harm and assault with a weapon. The charge is expected to be upgraded to manslaughter.

He appears in court today.

METRO

Green light for Grey Cup

The 99th Grey Cup will go ahead as planned at BC Place this month after the stadium and its union ratified an agreement.

Union workers had been in a legal strike position for the final Whitecaps FC game and last weekend's B.C. Lions game, but remained on the job.

BC Place announced Tuesday that Roger Waters' The Wall Live would be the first musical act to perform in the newly renovated building.

METRO

Green. Building

▶ A man mows the green roof of the new Vancouver Convention Centre — the largest non-industrial green roof in the world — earlier this week.

CONTRIBUTED/VANCOUVER CONVENTION CENTRE

Convention centre's roof remains unconventional

The 2.4-hectare roof grows mainly coastal grasses, including two-metre-high aster, and houses four beehives. Bees living on the roof produced 120 pounds of wildflower honey this year.

Bedbug battle gets a boost

Pheromone-based repellent is 'safe and sustainable,' local company says Promises to prevent infestations and minimize spread of bugs

PHYLICIA TORREVILLAS
@METRONEWS.CA

A local company is working on an antidote to the common bedbug.

SemiosBIO Technologies has been developing a pesticide-free solution for managing pesky bedbug infestations by using pheromones, natural scents that can attract and repel the little critters.

"We go in and use this pheromone product to modify a bedbug's behaviour," said Dr. Michael Gilbert, president and chief scientific officer. "We can ... prevent bedbugs from infesting the bed or prevent them from going to a suitcase."

Pesticide treatments can be toxic, expensive and often ineffective, Gilbert added, as bedbugs have developed resistance to some chemicals.

Bedbugs don't spread diseases, but bites all over a person's body can cause itching, scarring and infections, and even trigger allergic reactions in some people.

Last month, bedbugs were found in library books from the Vancouver, New Westminster and Burnaby library systems.

Gilbert expects the product to be on the market within the next two years. It will come in a sachet form with slow-release mechanisms, which will be available in different applications and sizes.

Mark Townsend with the Portland Hotel Society said he's happy someone has come up with an alternative solution, but he would prefer something that will permanently get rid of the blood-sucking parasites.

"I'm eternally optimistic that someone can invent something that presents an easy cure to the problem outside of DDT, which, obviously, we wouldn't want to be using," Townsend said. "All of these things are better than nothing, but we really want something that's safe for human beings and (kills) the bedbugs once and for all."

1 news

A sophisticated imaging device promises more accurate results in screening for melanoma. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

The Hudson's Bay Co. shows off its collection of apparel to be worn by our athletes at the 2012 Summer Olympics. Video at metronews.ca/video

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STEVE SMITH/THE CANADIAN PRESS

▶ Firefighters attend the scene of the plane crash in Richmond last Thursday.

Airline awaits answers in fatal Richmond crash

◐ Final cockpit conversation yielded 'valuable' information, lead investigator says ◐ Probe is ongoing

The Prince George-based airline that operated the twin-engine plane that crashed near Vancouver airport last week has not found any "glaring" problems on its part that may have contributed to the fatal incident.

Northern Thunderbird Air is leaving fact-finding up to the Transportation Safety Board with expectations its investigators will shed light on last Thursday's accident.

General manager Bill Hesse said yesterday that the 40-year-old company has examined its operations to see if staff could make any improvements and has found no issues.

He also put the weight of the work on the TSB, noting there is not much the company can do while the independent agency has possession of the wreckage. Pieces of the Beechcraft King Air 100 are being examined at a Vancouver International Airport hangar.

"If (the TSB) were to come across anything that was a threat to safety or they felt we weren't doing quite right — or the aircraft, (there) might be an issue with it — they would immediately let us know," Hesse said.

"We haven't had any indication of that."

Bill Yearwood, the lead investigator, said he listened to the final cockpit conversation on Tuesday. It was downloaded from the flight recorder, or black box.

"The information is good," he said, noting that under law he could not describe its contents. "(It will be) helpful in determining the facts."

The plane slammed into a city street during rush hour just short of the airport runway on approach, bursting into flames. It had turned back from its flight to Kelowna because the crew noticed an oil leak. The pilot, Luc Fortin, 44, died in the crash.

THE CANADIAN PRESS

Protect sex workers at Pickton inquiry: Lawyer

Sex workers who testify at the public inquiry into the Robert Pickton serial murder case should have their identities shielded and should not be subjected to cross-examination from police counsel, says a lawyer at the hearings.

Jason Gratl, an independent lawyer appointed to represent the broad interests of Vancouver's Downtown Eastside, says sex workers are especially vulnerable and afraid of the legal system, making them extremely reluctant to come forward and tell their stories.

Shield needed

- **Jason Gratl has asked for a** publication ban for any sex worker or sexual assault victim who testifies at the missing women inquiry.
- **He also wants them to be** able to provide evidence through written affidavits, rather than appearing in person and answering questions from lawyers representing the police and prosecutors.

"Legal processes have a bad reputation among sex workers," Gratl said yesterday as he applied for a series of measures to protect such witnesses.

"They collectively have the perception that being around judges and lawyers is a bad thing. And of course, there are police lawyers, and that has an effect. There's a lot of testimony about the (animosity) between the police and sex workers."

Only one sex worker, Susan Davis, has testified so far.

THE CANADIAN PRESS

Clark holds back on crime-bill costs

Premier Christy Clark isn't ready to join Ontario and Quebec in refusing to help pay for Ottawa's tough-on-crime legislation. The two eastern provinces say the Conservatives are downloading millions of dollars in costs onto them to implement the crime bill and are balking at paying.

Clark says she's concerned about costs and is talking to Ottawa about how they can be managed. But she says B.C. residents support elements of the bill that will crack down on criminals, including plans to impose mandatory sentences on convicted child sex offenders.

THE CANADIAN PRESS

No charges in Langley RCMP shooting

RCMP in Langley have been cleared of wrongdoing in the fatal shooting of a young father.

The Vancouver Police Department was asked to review the death on Aug. 6, 2010 of Jeffrey James Alvin Wright, 22. Police have said Wright was shot after he confronted officers while they were responding to a complaint of a domestic dispute.

Vancouver police concluded there are no reasonable grounds to believe a criminal offence was committed by any member of the RCMP.

A coroner's inquest has been scheduled for March 26. THE CANADIAN PRESS

Privacy czar to probe two breaches

B.C.'s privacy watchdog is investigating two incidents in which bureaucrats lost or tossed out sensitive personal records.

Privacy Commissioner Elizabeth Denham is focusing on the loss at Toronto's Pearson airport of a laptop computer containing the health records of 450 patients and the discovery of children's ministry records in a dumpster in Saanich.

The investigations will determine whether the government has taken appropriate steps to notify the people affected by the breaches and ensure it doesn't happen again.

THE CANADIAN PRESS

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More arson in upscale Vancouver

Vancouver police say there have been three more minor arson fires in an upscale neighbourhood where residents have been on edge since June.

They say the fires last Thursday, Saturday and Tuesday appear to be linked to nine others in Shaughnessy. The first two were set in recycling bins and the latest involved a burning tarp next to a house.

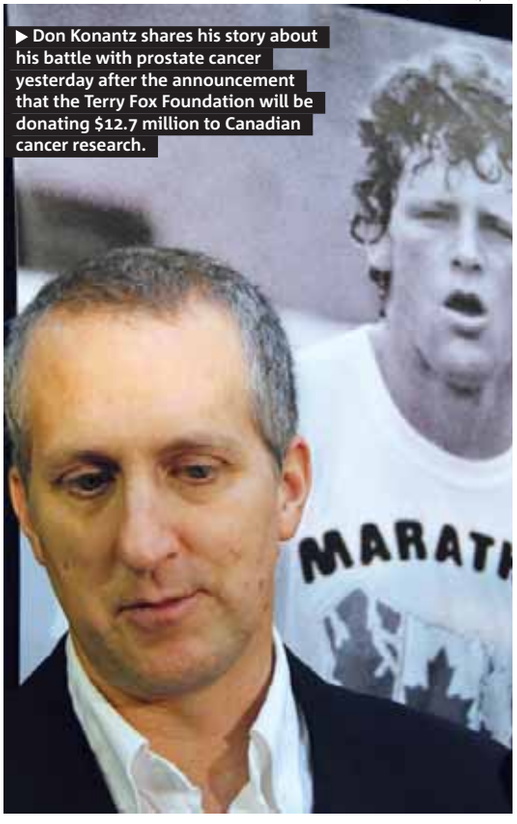
Police say the arsons appear to have begun in June and all have been set in the early-morning hours after midnight. The fires damaged parts of homes, fences, garages and vehicles, though no one was hurt.

Police advised Shaughnessy residents to store their garbage and recycling in secure areas before putting it out the morning of collection.

THE CANADIAN PRESS

Terry Fox Foundation invests $12.7M in cancer research

PHYLICIA TORREVILLAS/METRO



▶ Don Konantz shares his story about his battle with prostate cancer yesterday after the announcement that the Terry Fox Foundation will be donating $12.7 million to Canadian cancer research.

Money to help scientists find new ways to diagnose and treat cancer

PHYLICIA TORREVILLAS
@METRONEWS.CA

Don Konantz would always find himself climbing the Grouse Grind after his radiation treatment. He has reached the top 11 times.

The 49-year-old was diagnosed with prostate cancer in February. He is now going through radiation therapy because his cancer has spread to his lymph system.

"My times are getting slower ... but it sure feels good to get to the top," Konantz said yesterday as the Terry Fox Foundation announced a $12.7-million donation to help Canadian scientists and health research centres. "There's a whole metaphor with me summiting the mountain. I'm climbing cancer's mountain and I'm hoping to get to the top of that one as well."

More than $6 million over five years will go to a team led by Dr. Martin Gleave of the Vancouver Prostate Centre to study why patients with advanced cancer become resistant to hormone therapy.

Dr. Sean Egan of the Hospital for Sick Children in Toronto will receive $2.8 million over three years to find the "Achilles' heel" responsible for tumour metastases of the breast and brain.

Another $3.8 million over three years will fund research led by Dr. Michel Tremblay of the Rosalind and Morris Goodman Cancer Research Centre in Montreal to study how obesity, diabetes and cardiovascular diseases are linked to cancer.

Konantz said he hopes to serve as living proof that excellence in treatment and cancer research matters.

"My children and your children will live in a cancer-free world," he said. "We will find the finish line in the Marathon of Hope. Terry would expect no less."

Diversify B.C. food sources, says study

British Columbia needs to diversify its food sources, according to a new study on climate change.

The Pacific Institute for Climate Solutions released a report on food security yesterday, which says the future accessibility of food could alter dramatically.

Half of the food consumed in B.C. is imported from other provinces and countries, with most fruits and vegetables coming from California — an area prone to droughts.

"Self-sufficiency will be a key issue for our future food security," the report states.

The report also calls for more studies to be done on the potential effects climate change may have on B.C. crops.

MATT KIELTYKA

CO poisoning a reality: Fire

A family of six has been released from hospital after being treated for carbon monoxide (CO) poisoning Tuesday night.

Vancouver Fire and Rescue are reminding people to make sure gas appliances and fuel-burning devices are maintained regularly.

METRO

Dog nabs alleged thieves

A West Vancouver police service dog named Mike captured two males Tuesday after they allegedly stole a bottle of alcohol from a store. A 28-year-old man from North Vancouver was released on a promise to appear and the second male was released without being charged.

METRO

FACEBOOK.COM

▶ Taylor Van Diest

Halloween attack prompts police warning

Police in B.C.'s North Okanagan are advising people in the town of Armstrong to take precautions before going out as the hunt continues for the killer of an 18-year-old woman.

Taylor Van Diest died after being assaulted on Halloween near some railway tracks. RCMP spokesman Gord Molendyk said investigators are working hard to find the killer but they haven't identified a suspect.

Molendyk is also asking for the public's help in providing any electronic communications anyone may have had with van Diest in the hours before the attack.

There have been reports on social media that someone may have been harassing or stalking van Diest.

An autopsy is to be conducted today to determine Van Diest's cause of death.

THE CANADIAN PRESS

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* Program in effect from October 1, 2011 to January 3, 2012 (the "Program Period") To qualify, customer must turn in a 2005 model year or older vehicle that is in running condition (able to start and move and without missing parts) and has been properly registered/plated or insured for the last 3 months (the "Criteria"). Eligible customers will receive [$500]/[$1,000]/[$2,500]/[$3,000] towards the purchase or lease of a new 2011/2012 Ford [Fiesta (excluding S), Focus (excluding S)]/[Fusion (excluding SE), Taurus (excluding SE), Mustang (excluding Value Leader), Escape (excluding XLT I4 Manual), Transit Connect (excluding EV), Ranger (excluding Regular Cab 4x2 XL), Edge (excluding SE), Flex (excluding SE), Explorer (excluding base)]/[F-150 (excluding Regular Cab 4x2 XL), Expedition, E-Series]/[F250-550] – all Raptor, GT500, BOSS302, and Medium Truck models excluded (each an "Eligible Vehicle"). Taxes payable before Rebate amount is deducted. To qualify: (i) customer must, at the time of the Eligible Vehicle sale, provide the Dealer with (a)sufficient proof of Criteria, and (b) signed original ownership transferring customer vehicle to the Authorized Recycler; and (ii) Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period. Offer only available to residents of Canada and payable in Canadian dollars. Offer is transferable to persons domiciled with the owner of the recycled vehicle. Offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Offer not available on any vehicle receiving CPA, GPC, or Daily Rental Rebates and the Commercial Fleet Rebate Program (CFIP). Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ©2011 Ford Motor Company of Canada, Limited. All rights reserved.

Public facilities a priority in NPA platform

Suzanne Anton proposes swapping the Museum of Vancouver with the Vancouver Art Gallery ◆ NPA wants to expand city's bike infrastructure

KENDRA WONG
VANCOUVER@METRONEWS.CA

KENDRA WONG/FOR METRO

▶ Suzanne Anton at the NPA election headquarters yesterday.

Building new public facilities are a priority for the Non-Partisan Association, mayoral candidate Suzanne Anton announced yesterday.

During the release of the NPA's Common Sense platform, Anton focused on the creation of new recreational facilities for children, including pools, playing fields and community centres.

"We've underinvested in our own capital facilities for a long time in Vancouver, and I want to change that," said Anton.

She also hopes to create more prominent cultural hubs within the downtown core in a proposal to swap the Museum of Vancouver with the Vancouver Art Gallery.

"It's important for the city to concentrate on its great cultural institutions," she said. "A large number of people don't even know where the Museum of Vancouver is.... The museum doesn't have the permanence that it could and should have."

A portion of development fees would be allocated to the city's cultural capital to help pay for the facilities.

In 2010, there was talk of moving the VAG to a site behind the Queen Elizabeth Theatre. However, the plan was overshadowed by then-premier Gordon Campbell's announcement to renovate BC Place and has since fallen by the wayside.

Visions Vancouver released a press release criticizing the NPA's platform for leaving out renters in their affordable housing plan.

NPA platform

Other aspects of the platform:

- **Infrastructure.** Expanding Vancouver's cycling infrastructure and re-establishing its streetcar line.
- **Rapid-transit project.** Advocating for the completion of the Broadway Line as TransLink's next priority rapid-transit project.
- **Affordable housing.** Cutting red tape to increase housing supply and create affordable housing.

For more local news visit metronews.ca/vancouver

JEFF HODSON/METRO

60 seconds

▶ David Chilton, author of The Wealthy Barber Returns, at the Pan Pacific in Vancouver yesterday.

THE WEALTHY BARBER RETURNS

David Chilton, author of the financial guidebook The Wealthy Barber, which sold a whopping two million copies in Canada, chatted with Metro yesterday about his new book, The Wealthy Barber Returns.

Why did you decide to write a second book?
It was frustration. We've gone backwards in the last five to 10 years. We're starting to spend more than ever and save less.

How is it different?
This book is more my opinions and my observations.... I've realized the importance of psychology and philosophy.

This isn't about the numbers. Most of the mistakes that people make are because they're sabotaging their own situations through psychological breakdowns.

What advice do you give people?
We can't continue to pay two and three per cent to mutual-fund-management companies.

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JEFF HODSON

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News in brief

Ex-NHLer loses brain-injury suit

NEGLIGENCE CLAIM. Former NHL player Garrett Burnett, who was left brain-damaged after a bar fight, has lost his negligence lawsuit against the Corporation of Delta and its police department. The former hockey enforcer received a traumatic brain injury when someone smashed him with a bar stool outside a suburban Vancouver nightclub in 2006. **THE CANADIAN PRESS**

Vision vows to expand West End compost program

POPULAR INITIATIVE. Vision Vancouver released its first green policy of the 2011 campaign yesterday, pledging to support and expand a popular West End compost drop-off program.

The compost program began through a partnership between the City of Vancouver, Recycling Alternative and Vancouver Farmers Markets. Since its introduction in August 2010, it has seen 11,056 pounds of organic waste from 2,182 drops.

Many West End residents making use of the composting program live in multi-unit buildings and do not have access to composters.

KENDRA WONG

UBC opens N.A.'s greenest building

ECO MILESTONE. The greenest building in North America is set to open at UBC today. The $37-million, four-storey Centre for Interactive Research on Sustainability was built to regenerate its surrounding environment.

KENDRA WONG

Back to school for Burr

Hockey contest will bring Canucks winger Alex Burrows to the winning elementary school ◗ Students tasked with proving their love of the sport

Children in Vancouver have the opportunity to combine creativity and passion for sports in a contest where hockey fans will win a visit from Alex Burrows of the Vancouver Canucks.

The Bring Burrows to School contest, sponsored by EA Sports, pits elementary schools in the Lower Mainland against each other in what organizers call a "quick and easy but fun class project."

As part of a youth and hockey initiative, children can submit a 30-second to two-minute YouTube video showing why they are part of the most hockey-obsessed and Canucks-crazed school.

Video entries can be sent to easports.nhlteam@gmail.com until Nov. 17 and the winner will be announced shortly after.

CONTRIBUTED/EA SPORTS

▶ A screen grab of Alex Burrows in EA Sports NHL 12.

On Nov. 28, Burrows will visit the winning school to talk about the importance of perseverance and his path to the NHL. He will also be accompanied by EA Sports NHL 12 producer Sean Ramjagsingh, who will speak about video games as a career. **KENDRA WONG**

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Police dismantle mother's alibi

Jury watches interrogation video at trial of alleged honour killers
Accused's version put to test

A Montreal woman accused of killing her three daughters slowly changed her tune during a six-hour interrogation, as the investigator tried to appeal to motherly guilt, but he suggested her new story was just as implausible, court heard yesterday.

Tooba Mohammad Yahya, 41, her husband Mohammad Shafia, 58, and their son, Hamed Mohammad Shafia, 20, are all charged with four counts of first-degree murder in the deaths of three Shafia sisters and Shafia's other wife in a polygamous marriage. They have pleaded not guilty.

Yahya, Shafia and Hamed were arrested July 22, 2009, and yesterday the jury watched much of the video of the long interrogation of Tooba. RCMP Insp. Shahin Mehdizadeh was brought in to conduct the interview in Farsi.

For much of the interview, Mehdizadeh goes over Yahya's story with her piece by piece, pointing out evidence to the contrary and accusing her of lying to him. "This is not an accident, madam," he says.

THE CANADIAN PRESS

Submerged car

- Three teenage sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 50, were found dead inside a submerged car on June 30, 2009, in the Rideau Canal in Kingston, Ont.
- The three accused family members were interviewed by police that day, and in videos shown to the jury, they can be seen suggesting that Zainab, who didn't have a driver's licence, took the car keys so she could take the Nissan Sentra for a joyride. The car ending up in the canal was a terrible accident, they said.

HANDOUT/THE CANADIAN PRESS

▶ A car is pulled from the bottom of an eastern Ontario canal after being found with the bodies of three sisters and their father's first wife inside, in this 2009 file photo.

Soldier who killed comrade testifies at trial

A former Canadian reservist charged in the shooting death of a fellow soldier in Afghanistan testified in his own defence yesterday, saying he fired his weapon instinctively when he thought someone was pointing a gun at his back.

Matthew Wilcox of Glace Bay, N.S., is charged in the death of Cpl. Kevin Megeney at Kandahar Airfield on March 6, 2007.

Wilcox, who is facing a second court martial in the case, told the military court he had neglected to remove a loaded magazine from his nine-millimetre Browning pistol before entering a tent he shared with Megeney, a friend from Stellarton, N.S.

Under cross-examination, Wilcox admitted he could have removed the magazine several times before entering the tent, but he failed to do so — a violation of an order that stated Canadian military personnel could not carry loaded weapons inside the base.

Wilcox testified he was unloading gear in the tent when he heard the sound of a pistol being readied for firing.

"I heard the slide of a pistol being loaded, and out of the corner of my eye I could see a pistol," he told the court. "As I was turning, I fell backwards, pulled my pistol, cocked it and fired."

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Matthew Wilcox

No quick draw

- When defence lawyer David Bright asked his client if he had told other soldiers that he and Kevin Megeney were playing a game of "quick draw" when the gun went off, Matthew Wilcox denied saying that to anyone.
- However, Wilcox confirmed that he told one friend that he had heard rumours to that effect.

Girl finds needle in Halloween candy

Police in Whitby, Ont., are asking children and parents to check Halloween stashes after a girl found a needle in a piece of candy.

The 11-year-old girl was eating the candy when she found the small needle.

She was not injured.

THE CANADIAN PRESS

Rare white kiwi regains her mojo

Manukura the white kiwi appears to have regained her mojo after a heart scare during surgery to remove a stone from her gizzard. THE ASSOCIATED PRESS

NICK PERRY/THE ASSOCIATED PRESS

▶ Manukura is treated at the Wellington Zoo.

Folks hopping mad over bunny gassing

An Alberta town's plan to eliminate up to 2,000 feral rabbits has some people very upset. Canmore has hired a contractor to trap the bunnies and will then have them gassed if an animal-welfare group won't agree to sterilize and relocate them. THE CANADIAN PRESS

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Brown to blue in a few blinks of an eye

Inventor uses laser to remove brown pigment from surface of iris The procedure takes about 20 seconds

A California inventor says he has developed a quick and easy laser procedure to permanently change brown eyes to blue without damaging vision.

Gregg Homer of Stroma Medical told KTLA.com that he has been working on the technology for 10 years.

Even brown-eyed people have blue eyes underneath the brown layer of pigment, Homer said.

He uses a laser tuned to a specific frequency to remove the brown pigment from the surface of the iris.

When laser energy is absorbed by the eye's brown pigment, Homer says the pigment tissue changes and then the body sheds the altered tissue, changing brown eyes to blue within two to three weeks.

The brown tissue never regenerates.

Dr. Langis Michaud, associate professor in the school of optometry at the University of Montreal, said that the procedure sounds like a bad idea, fraught with risk.

Dispersing the pigment could lead to secondary glaucoma. And if the laser used in the procedure is hot, it could harden the collagen in the cornea, causing loss of vision.

"I would have the FDA look very carefully at it before authorizing it and tell patients to ask all the questions," said Michaud.

He said even using contact lenses to change eye colour is risky if not done properly. They need to be fitted by an optometrist and used correctly and never shared.

The cornea is delicate and needs to be treated carefully, Michaud says.

Homer is a former entertainment lawyer turned law professor who obtained a science degree at Stanford while teaching, Stroma CEO Doug Daniels told the Orange County Register. Homer already holds several patents.

TORSTAR NEWS SERVICE

Wait and see

- Homer told KTLA.com tests have shown no signs of tissue damage so far, but made no promises about what the long-term effects might be.
- He still has another year of research to complete on the procedure.
- The procedure will cost about $5,000, according to Homer.

ISTOCK

SEAN GALLUP/GETTY IMAGES

Baby hippo forges big bond

Hippo makes big splash at the zoo

BERLIN. This baby hippopotamus had a splashing time when it was unveiled to the public this week at the Berlin Zoo. The special bond between mother and child is visible, something the zoo's former polar bear never enjoyed. Rejected at birth, Knut defied odds to survive past infancy and became a global hit. METRO

Cute killers

- **Myth of the "Blood Sweat."** Hippos secrete an oily red fluid as a natural sunscreen.
- **Hungry, hungry hippo.** A hippo can eat up to 70 kgs of grass in one night.
- **Cute but lethal.** Aggressive towards humans, they reportedly kill more of us than sharks do.

GETTY IMAGES

▶ Mummy 'Nicole' with her 10-day-old baby that's still unnamed.

45

What a young hippo calf weighs, in kilograms, at birth. Fully grown adults in the wild can eventually weigh a massive 3,629 kg, making the hippo the second biggest land mammal after the elephant.

Berlin Zoo facts

- **World's largest collection.** Menagerie totals 17,000 animals, 1,500 various species.
- **Europe's most visited zoo.** 3 million visitors last year.
- **Animal celebrities.** Knut and Bao Bao, the giant pandas, have been the zoo's most famous residents. Knut passed away in March 2011.

Assange loses legal battle

Experts say odds stacked against WikiLeaks founder avoiding extradition to Sweden

"We will be considering our next steps in the days ahead."
JULIAN ASSANGE, WIKILEAKS FOUNDER

WikiLeaks founder Julian Assange lost his appeal against extradition to Sweden to answer sex-crime allegations, but said yesterday he will now consider whether to take his protracted fight to Britain's highest court.

High Court appeal Judges John Thomas and Duncan Ousely rejected Assange's claims that it would be unfair and unlawful to send him to Scandinavia to be questioned over the alleged rape of one woman and the molestation of another in Stockholm last year.

The 40-year-old has denied wrongdoing, and insists the case is politically motivated by those opposed to the work of his secret-spilling organization.

Lawyer Mark Summers confirmed that it was not clear whether his client would attempt an appeal to Britain's Supreme Court. His legal team has 14 days to decide whether to apply to the High Court, and then must try to persuade judges that there is a point of law to justify an appeal to the highest court.

Claes Borgstrom, the lawyer representing the two Swedish women accusing Assange of sex crimes, told The Associated Press that his clients were both very pleased by the ruling. THE ASSOCIATED PRESS

Royal. Taster

Prince William and Catherine, Duchess of Cambridge, taste a high-energy paste used to treat severe malnutrition during a visit to the UNICEF Emergency Supply Centre in Copenhagen.

PHIL NOBLE/WPA POOL/GETTY IMAGES

Raising awareness

Prince William and his wife, Kate, helped pack dozens of UN emergency supplies, yesterday, in Denmark. They will be distributed in East Africa, where a food shortage is affecting an estimated 13 million people. The British royal couple visited a UNICEF warehouse in Copenhagen to draw attention to the crisis.

Manila gets tough on labour abuse

The Philippines has banned its citizens from working in 41 countries that don't protect against labour abuse. Nearly 10 per cent of the Philippine population of 94 million work abroad.

The countries where deployment will be banned include Afghanistan, Libya and Iraq.

A Philippine law requires Filipino workers to be deployed only to countries that provide legal protection to foreign labourers, are a party to international labour protection accords or have accords with Manila that guarantee against abuse. THE ASSOCIATED PRESS

Three lions killed in South Africa

South African wildlife workers drove through the night, desperate to save two lions who had strayed from a vast park and killed a farmer's cow. The farmer had already killed a third lion.

South African National Parks spokeswoman Henriette Engelbrecht said that instead of saving the big cats, a park researcher ended up rescuing a ranger, pulling him free and leaving the ranger's boot in the lion's jaws. The two lions were then shot.

She says the men had never before met lions bold enough to attack people in a vehicle. THE ASSOCIATED PRESS

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CITY OF WINNIPEG ANIMAL SERVICES

▶ Wednesday, left, and Pugsley needed emergency veterinary care in Winnipeg after they were found near death. Now all they need is someone to love, officials said yesterday.

Give them a home

Pups were unwanted and left to die in garbage bin
Now they need a place in a pet lover's heart

ELISHA DACEY
@METRONEWS.CA
METRO CANADA IN WINNIPEG

Two puppies left to die in a trash bin have a second chance at a great life.

The puppies, Wednesday and Pugsley, were brought to the City of Winnipeg Animal Services Agency last week after being found in the dumpster.

Both dogs were near death and needed emergency veterinary care.

City officials said the puppies both survived and will be available for adoption this week at Animal Services on Winnipeg's Logan Avenue.

The officials gave some advice to Winnipeggers that will help anyone in Canada: "If residents are unable to care for their dogs, there are many resources available.

"Ask family, friends, co-workers, or seek the assistance of the numerous animal welfare groups."

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Protesters shut down a key U.S. port

A day of rallies across the nation draws thousands

Several thousand Occupy Wall Street demonstrators forced a halt to operations at the fifth-busiest U.S. port last night.

Police estimated a crowd of about 3,000 gathered at the Port of Oakland. Some had marched from the California city's downtown, while others had been bused to the port.

Port spokesperson Isaac Kos-Read said maritime operations had effectively been shut down.

Asian link

- Organizers said they want to stop the "flow of capital" from Oakland. The port sends goods to Asia and handles imported electronics, apparel and cars, mostly from Asia.

In Philadelphia, nine protesters were arrested as they held a sit-in at the HQ of cable giant Comcast.

About 100 military veterans marched in uniform in New York, angry at their dim job prospects.

In Boston, students marched to the Bank of America and the Statehouse to protest burgeoning student debt.

THE ASSOCIATED PRESS

BEN MARGOT/THE ASSOCIATED PRESS

▶ Banging on makeshift drums, marchers stage a noisy protest in Oakland, Calif., earlier yesterday. The aim was to show the Occupy movement's strength and unity.

Justin Trudeau upset over questioning of his faith

Liberal MP Justin Trudeau says he is upset and offended by a Tory MP who publicly questioned his adherence to the Catholic faith and his suitability to speak to students at a Catholic school.

Dean Del Mastro, the parliamentary secretary to the prime minister, said on Facebook last month that it was "outrageous" the Catholic school board in Peterborough, Ont. had invited Trudeau to speak for a second time in three years.

But Trudeau said he doesn't see any incongruity between enshrining the rights of gays and lesbians, for example, and the tenets of Catholicism. He notes that he is personally very opposed to abortion, but still believes nobody can tell a woman what she should do with her body.

"For someone to start questioning my own faith ... is something that I really take issue with."
LIBERAL MP JUSTIN TRUDEAU

THE CANADIAN PRESS

Attack on magazine denounced

A firebombing that destroyed the offices of a French satirical weekly that "invited" the Prophet Muhammad as its guest editor was denounced yesterday by Muslim leaders and politicians from all sides.

No one was injured in the blaze at the offices of Charlie Hebdo in eastern Paris, hours before the issue featuring a caricature of Muhammad on its front page hit the newsstands.

THE ASSOCIATED PRESS

Pilot error cited in Russian jet crash that killed hockey team

Investigator says company failed to observe safety standards and adequately train crew ◗ Pilots had previously flown other type of plane

A Russian pilot inadvertently put the wheel brakes on during takeoff, causing a crash that killed 44 people including a professional ice hockey team, investigators said yesterday, citing lax oversight and insufficient crew training as key reasons behind the error.

The Interstate Aviation Committee said the Sept. 7 crash of the Yak-42 plane near Yaroslavl in central Russia occurred because one of the two pilots accidentally activated the brakes and then yanked a control wheel to his chest, pulling the plane up too sharply in a desperate attempt to take off.

Alexei Morozov, leader of the investigation, said the crew should have aborted the takeoff the moment they realized it was going wrong.

He said one possible reason the pilot obstinately still tried to take off was a fear of reprisals from his employer.

"Many pilots say that those who cause delays in flight schedules ... run into various problems at many carriers," Morozov told a news conference. "Company management doesn't like it."

Industry experts say when Russian crews abort takeoffs, make second runs or divert their planes to other airports they can risk losing their bonuses or face other sanctions as carriers focus on cutting costs.

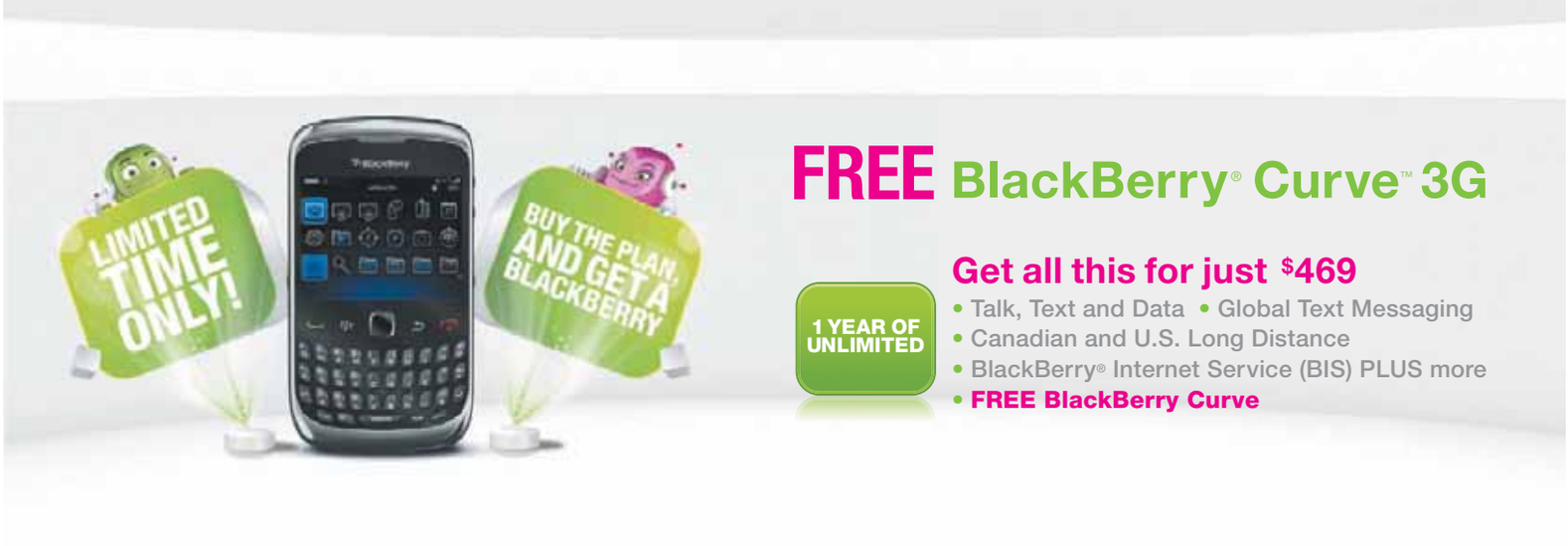
THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE

▶ Rescuers work at the crash site of a Russian Yak-42 jet near the city of Yaroslav on Sept. 7, 2011.

Fatal disaster

- The crash was one of the worst aviation disasters ever in sports as the dead included 36 players — many of them former NHL players — Canadian-born head coach Brad McCrimmon and staff of the Lokomotiv Yaroslavl hockey team.
- The only player who survived the crash later died of burns. A flight engineer was the sole survivor.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Immigration levels to hold steady next year

Feds create new class of immigrants that will let up to 1,000 PhD students become permanent residents annually

Immigration Minister Jason Kenney plans to hold immigration levels steady next year, but the mix of immigrants will change.

There will be more skilled workers — especially white-collar workers — as well as higher numbers of refugees, parents and grandparents, Kenney told reporters after tabling his 2011 annual report yesterday.

But there will be fewer spouses and dependent children, and fewer live-in caregivers, Kenney added — not because Ottawa doesn't want them, but because they are not coming in numbers as large as in the past.

Kenney tabled his 2011 annual report and it shows Ottawa wants to accept between 240,000 and 265,000 newcomers in 2012 — despite pressure from the opposition NDP to gradually raise the levels in order to deal with expected labour shortages in five years' time.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Immigration Minister Jason Kenney

It's the same range as this year and in keeping with the annual average of 254,000 over the past few years, Kenney said.

But within that pool, the number of so-called "Canadian-experience class" immigrants will rise to about 7,000, Kenney said. That's up from 6,500 in 2011, and is the highest number ever in that category.

The class targets white-collar workers in certain occupations, many already with experience or education in Canada. It was created in 2008 and the Conservative government believes it has been very successful in attracting immigrants who adapt quickly to Canadian life, find jobs and add to economic growth soon after settling here.

THE CANADIAN PRESS

Tibet. Protest

▶ Tibetans and their supporters from Ontario and Quebec rally on Parliament Hill yesterday during a global day of action.

SEAN KILPATRICK/THE CANADIAN PRESS

Tibet crackdown spurs day of action

Survey ranks companies seen as likely bribers

Transparency International says companies from China and Russia are seen as most likely to use bribery to secure foreign contracts.

The watchdog group's Bribe Payers Index released today shows the two countries at the bottom of a list of 28 of the world's leading economies.

6 Canada's ranking in Transparency International's survey of whether companies across the globe are viewed as likely to engage in bribery.

The ranking means Chinese and Russian companies are seen as the most likely to engage in bribery.

Firms from the Netherlands and Switzerland are seen as the least likely to use bribes. Canada shares sixth place with Australia and the U.S. placed tenth.

The survey asked 3,000 business executives how often firms they deal with from different countries engage in bribery.

No country was seen as wholly clean — companies were almost as likely to pay bribes to other businesses as to officials.

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News in brief

Photo app turns paper to pixels

NEW YORK. A new smartphone app will help you transition your old paper photos into the digital age. Called ShoeBox, the free app lets you use your iPhone's camera as a photo scanner.

The app lets users rotate, crop, date and tag photos and share them with friends and family either through ShoeBox or Facebook.

THE ASSOCIATED PRESS

Activists set sail for Gaza

OTTAWA. Peace activists from nine countries have set sail for the Gaza Strip aboard two ships, one of them a Canadian vessel, in another attempt to breach Israel's naval blockade.

Canadian activists say the ships, which made a failed attempt to challenge the blockade last summer, left Turkey yesterday and could reach Gaza in a few days.

Dylan Penner, a spokesman for the Canadian boat, the Tahrir, says there are about a dozen peace activists and journalists on board, including at least two Canadians.

THE CANADIAN PRESS

Colgate recalls toothbrushes

TORONTO. Colgate-Palmolive is recalling their Motion Electric Toothbrush after receiving reports that the devices "exploded" in the hands of some users.

Health Canada says there have been nine reports of the problem in Canada, though none involved long-term injuries. THE CANADIAN PRESS

Veteran plans hunger strike after Ottawa fails to disclose positive uranium tests

Veteran Affairs minister says former soldier will receive the services and benefits he's entitled to

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ Former soldier Pascal Lacoste holds a copy of a test displaying high levels of uranium in his system.

A former soldier battling a series of health problems says the Canadian Forces failed to inform him that medical tests showed he was carrying an unusually high level of uranium.

Pascal Lacoste eventually filed a request under the Access to Information Act to see his own medical files, which revealed his hair samples contained "abnormally elevated" amounts of the metal.

The federal government has expressed doubt about cases like Lacoste's and, in an interview, one independent medical expert questioned the reliability of using hair samples to test for uranium levels.

But Lacoste blames his declining health, including chronic pain and a degenerative neurological disorder, on depleted-uranium poisoning he believes he contracted while serving in Bosnia in the 1990s.

He says despite multiple requests over the last decade, the government has refused to treat him, even though the military has had two separate reports in its files since 2001 that show his hair contained high levels of uranium.

Lacoste is now planning to go on a hunger strike outside the Quebec riding office of Veterans Affairs Minister Steven Blaney — until he gets medical help, or until he dies.

After the government wouldn't voluntarily release his medical records, Lacoste filed requests under access-to-information laws to obtain them.

"Because of the hypocrisy of the system, today my life is hell," said Lacoste, who thinks his current state of health would be better if his condition had been treated a decade ago.

THE CANADIAN PRESS

Toxic tests

- Veterans Affairs maintains that Canadian vets are not at risk of depleted-uranium poisoning because few, if any, troops have ever come into contact with it while in service.
- An official with the department says that toxicology tests were conducted a decade ago on a limited number of returning soldiers, but they did not find any toxic levels of depleted uranium.

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CAREER REPORT

Canada's quality-job pace slows

Canada's 1.4 million unemployed were finding it tougher to land better-paying jobs, particularly in the public sector, as the pace of job growth in Canada appeared to slow during the third quarter, according to employment reports released yesterday.

CIBC said its Canadian Employment Quality Index, which measures both the compensation and stability of jobs, sat roughly where it was on the eve of the last recession.

While the economy generated on average 17,000 new jobs a month during the period, that was down from 29,000 a month in the second quarter and 33,000 in the first — and those fewer jobs were generally of lower quality, the report added.

THE CANADIAN PRESS

Small-biz owners get confidence boost

Confidence among small- and mid-sized-business owners climbed slightly in October, according to the Canadian Federation of Independent Business.

Its October barometer was a modest 63.6, almost a point above September's 62.7 and two points higher than August's 61.7 level.

The CFIB says index levels normally range between 65 and 75 when the economy is growing. The findings are accurate to plus or minus 3.1 per cent. THE CANADIAN PRESS

Energy company admits 'fracking' caused tremors

PETER BYRNE/THE ASSOCIATED PRESS

▶ Protesters scale a shale gas rig at Banks, near Southport, England, bringing a halt to work at the Cuadrilla Resources site yesterday.

- Hydraulic fracturing on rise
- Critics say it could poison water

The only company in Britain using hydraulic fracturing to release natural gas from shale rock said yesterday that the technique likely triggered earth tremors in April and May.

But a report commissioned by Cuadrilla Resources, which is drilling for gas the English coastal town of Blackpool, cautioned that the tremors, measuring 1.9 and 2.8 on the Richter scale — were due to a combination of geology and operations unlikely to happen again.

Cuadrilla is the only company currently extracting shale gas using hydraulic fracturing — a technique by which a mix of water, sand and chemicals are pumped deep inside underground rock formations to free the gas.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 33.16 (1,622.04)	+ 0.51¢ (98.66¢ US)

Oil	Natural gas	Gold
+ $0.32 US ($92.51 US)	$3.749 (- 3.2)	$1,729.60 (+ $17.80)

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CANADIAN WOMEN'S FOUNDATION

JAILS ARE A LOT LIKE COFFEE SHOPS — OR THEY SHOULD BE

HE SAYS ...

JOHN MAZEROLLE
METRO

Attention, readers who value their lives: You are in danger! While you read this innocuous-looking sentence (don't be fooled!), criminals could be violating your home, office or body.

That's because crime is everywhere. It's in Canadian downtowns, uptowns, upper downtowns, downer uptowns, suburbs, ghettos, bayous, kibbutzes, duck blinds, under the bed, below the gum line, and even in those stubborn and hard to reach places, like Moose Factory. No one is safe.

To be honest, if you've read this far without undergoing some form of violent attack, major theft or unwanted touching, such as the "noogie," then you should count your blessings. If you count them closely, I think you'll find that several have been stolen.

"By raising your vigilance, we are protecting you from the inevitable crime of the future and the unreported crime of the past."

And now the truly frightening part: There's nothing you can do about it.

That's why the Conservative government is getting — nay, must get — tough on crime.

I for one fully support their tough-on-crime agenda (which dovetails nicely with their tough-on-arts and tough-on-environment agenda).

As a left-wing media stooge, I'm expected to oppose everything the Conservatives do, but truth is the media and the government are on the same page, crime-wise.

We both recognize that the quickest way to get people's attention is through fear.

That's why so many newscasts begin with some variation on the question, "Should Canadians be worried?" To which the implicit but unspoken reply is "Yes, OF COURSE you should be worried; otherwise, we wouldn't be bringing you a story about this unprecedented CRISIS, would we, stupid?"

So I say increase the number of prisons until they rival the number of Tim Hortons. Criminals won't dare commit crimes if there's always a clink within view.

Don't think us crass, though. I think it's clear that, whether government or media, we scare because we care. We worry about crime because we're worried about your well-being. By raising your vigilance, we are protecting you from the inevitable crime of the future and the unreported crime of the past.

Understand? You win. We care.

And, if you don't remain vigilant, who knows what might happen? Personally, I worry you'll miss out on something truly scary and horrible, and you'll be so embarrassed you were out of the loop that you'll just wish you were dead.

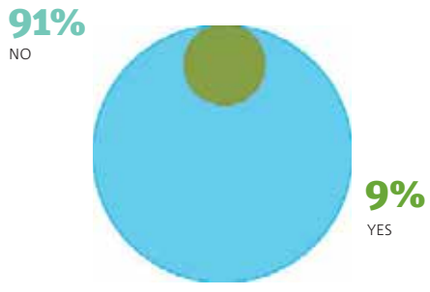
And if you do die, we in the media will be there to cover it. Like we care.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should teachers and students be friends on Facebook?



Local tweets

- **@Miss604:** In case you missed it, Adam and Jamie - the Mythbusters themselves - are coming to #Vancouver for 1 night only ow.ly/7gFYc
- **@canucksgame:** That is one masterful GO #CANUCKS GO chant flying around the Saddledome in Vancouver. Wait - we're in Calgary! #evillaugh
- **@todmaffin:** City of Vancouver iPhone app for its November 19 elections. Where to vote, candidate info, etc. Great idea.
- **@Liceday:** @appleocalypse Come to Vancouver. Every day is slightly colder than the last o_O
- **@CFL_News:** No regrets for new dad Brent Johnson is.gd/AgLwdv #BCLions #CFL
- **@bcbuzztv:** Who has the best Mo on the Canucks right now? @vancanucks @MovemberVan #movember
- **@ragekage67:** @D_Booth7 hey I just wanted to say my friends and I are super excited to have you on the canucks and we all love the way you play good luck!

Letters

The recent actions of the Conservatives, in particular Prime Minister Stephen Harper and Agriculture Minister Gerry Ritz regarding the Canadian Wheat Board (CWB), disregard federal legislation.

The CWB was established through the Canadian Wheat Board Act (1943), federal legislation providing farmers with a common economic voice. The act mandates the process by which the CWB can be dissolved, explaining that the government is legally bound to hold a plebiscite that results in a majority of the CWB members voting in favour of dissolution. Our government has refused to follow this process.

In lieu, the CWB held an independent plebiscite resulting in a 62 per cent majority supporting the CWB single desk for wheat. Nonetheless, Ritz tabled the Marketing Freedom for Grain Farmers Act, a bill that would dismantle the CWB by August of 2012.

We are gravely concerned by our government's failure to acknowledge the CWB Act.

KELTIE BUTLER, ON BEHALF OF THE FOOD ACTION COMMITTEE OF THE ECOLOGY ACTION CENTRE HALIFAX

photo of the day

metro PHOTO CHALLENGE

▶ This photo titled Fantasia was submitted to the Novelty category by Eduardo Nunes from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition.
Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Putting a face on tumours — literally

QUEEN'S UNIVERSITY/THE CANADIAN PRESS

▶ What looks like the face of a screaming man in an ultrasound of a testicular tumour.

Doctors at Queen's University in Kingston did a double take when they spotted what looks like the face of a screaming man in an ultrasound of a testicular tumour.

What was meant as an inside joke between doctors went viral after it was published in a recent issue of the journal Urology.

The image has been compared to sightings of the Virgin Mary or Jesus on toast or grilled cheese sandwiches.

In the journal, the doctors said they debated "whether the image could have been a sign from a deity" — notably the Egyptian god of virility — but quickly dismiss it as a coincidence.

THE CANADIAN PRESS

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Distance isn't far away

VAG showing the Distance Between You and Me exhibit now **Three artists being featured**

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Three artists, connected by an imaginary line running along the west coast of North America from Vancouver through Los Angeles to Guadalajara, Mexico.

That's the concept behind the Vancouver Art Gallery's recently opened exhibition, The Distance Between You and Me.

But, according to VAG senior curator Bruce Grenville, it's about more than just geography.

"This simple line unites diverse cultures revealing shared points of intersection and interest," he writes in a release, "but this is only the beginning, for we can also see in the work of each of these artists a shared sense of dislocation, a necessary estrangement that shapes our personal history and sense of self, creating the distance that allows us to see who we are in this place."

Gallery-goers may or may not see that in the work.

But they will notice the artists all use photo-based media for their respective installations.

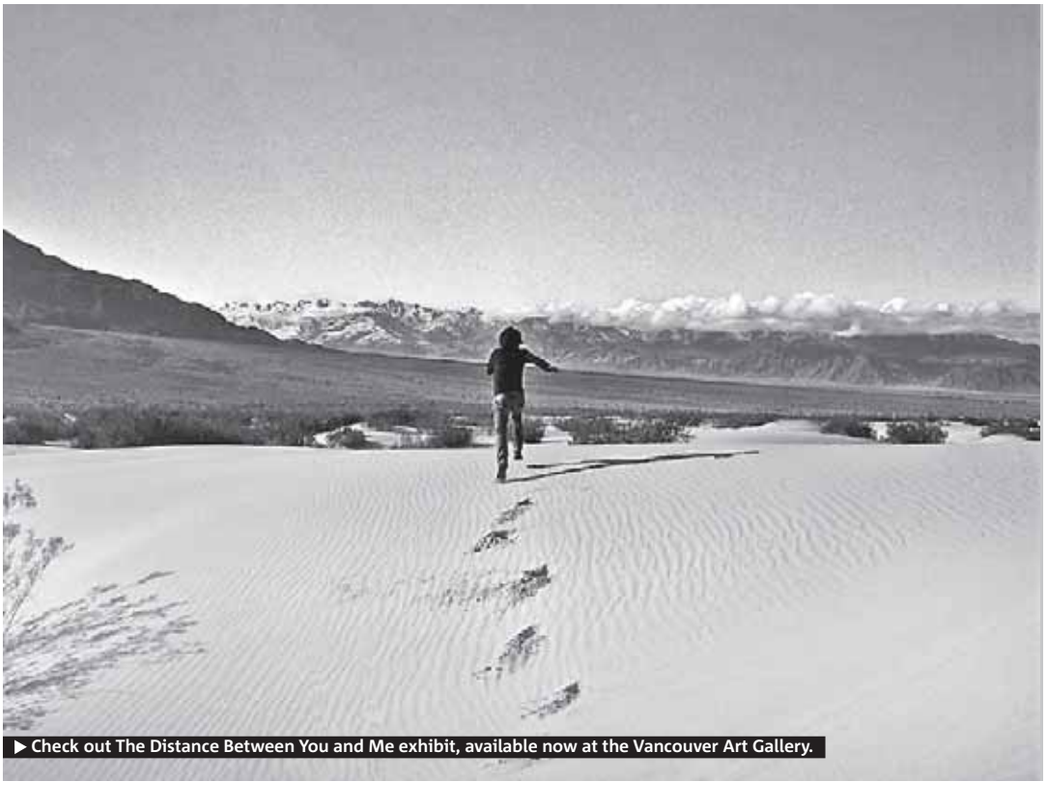
Belgian-born, Vancouver-based artist Isabelle Pauwels works primarily with video.

This time, the Emily Carr graduate (she also has an MFA from the Art Institute of Chicago) uses both video and found photographs combining images from her suburban Vancouver home with home movies shot by her grandfather during his family's time in the Belgian Congo.

This particular installation is comprised of two single-channel videos that were shot.

Los Angeles-based artist Kerry Tribe uses a two-channel video installation to present a conversation between a father and young daughter in Here and Elsewhere, while Guadalajara-based artist Gonzalo Lebrija includes a quartet of 16-mm films in The Distance Between You and Me, each showing the artist running away from the viewer as fast as he can.

For more information on this and other exhibitions that are available right now, visit vanartgallery.bc.ca.



▶ Check out The Distance Between You and Me exhibit, available now at the Vancouver Art Gallery.

Other events

What other events are going on? Find out the details.

- **LIGHT THE FUSE** Didn't get enough fuses sparked on Halloween? Don't fret: Fuse returns to the Vancouver Art Gallery tomorrow night. Enjoy art, music and performance from 8 p.m. to 1 a.m. Check out the gallery's website, listed above, for more information.
- **THE WALL** BC Place got a new roof and, come May 26, it's also going to get The Wall. Yes, Roger Waters will perform a live version based on Pink Floyd's 1979 album. Tickets range from $29 to $249. Meat, pudding, whatever — that's a lot of gravy.

2 scene

Hugh Grant

Hugh Grant's spokeswoman says the actor has become a father for the first time. The spokeswoman said Grant and the mother "had a fleeting affair and while this was not planned, Hugh could not be happier or more supportive."

THE ASSOCIATED PRESS

Jerry Seinfeld named first guest host to follow Regis Philbin's departure from Live!

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No holds barred for Neil

Actor resumes his crazy role in A Very Harold & Kumar 3D Christmas

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Neil Patrick Harris has successfully come out of the post-child star wasteland to become one of the biggest stars working today, with a hit sitcom on CBS, gigs hosting every major awards show but the Oscars, and a large fanbase cheering him on.

And since it was his jaw-dropping cameo in 2004's Harold & Kumar go to White Castle that helped relaunch his career, naturally he was game to come back for the franchise's third instalment, A Very Harold & Kumar 3D Christmas — even if he did get shot and killed at the end of the last film.

But you can't have NPH return from the dead for another Harold & Kumar film without upping the ante on his atrocious behaviour.

When asked if there's a line he wouldn't want to cross with his onscreen alter ego, Harris insists it's far too late for that kind of thinking.

"That's such a tough question because I never thought that any of this would've been written," he says.

"I wouldn't even have imagined that I would be smoking crack and trying to forceably enter a dancer girl. I don't know where the line gets drawn here anymore."

Of course, Harris' rising profile — and public coming out of the closet — have become factors since the original film, leaving a lot for the filmmakers to address.

How NPH fits in

In A Very Harold & Kumar 3D Christmas, the boys stumble upon Neil Patrick Harris rehearsing a Rockette-studded holiday spectacular, complete with show tunes and kick-lines.

Harris was happy to poke fun at his newfound status — he's referred to as America's Sweetheart in the film — as long as he got a say in the jokes as usual. That held especially true since Harris' husband, David Burtka, was along for the ride this time.

"I was more cautious and protective of those scenes than any of the others, weirdly, just because I didn't want it to feel exploitative or like a sight gag and nothing more," says Harris.

"I know David to be a well-trained Albee actor from New York, and I just didn't want it to seem like we were using him for some sight gag and then end it. And I didn't want to leave a bad taste in anyone's mouth about him on my watch, right?"

In the end, Burtka is used to great comic effect — and we'll just leave it at that for now.

As much affection as Harris has for the franchise that helped make him a star again, that doesn't necessarily mean he's a lock for any and all Harold and Kumar adventures in the future.

So what would it mean to have the duo hit the big screen without NPH?

"I think Jonathan Taylor Thomas would be thrilled," Harris says with a laugh.

HANDOUT

▶ Neil Patrick Harris has been a staple in the Harold & Kumar movies.

Nick Carter just fine being The One

Backstreet Boys member enjoys flourishing solo career ◆ Tour coming to Canada

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

While the Backstreet Boys have been enjoying a career revival — thanks to their annual S.S. Backstreet cruises for fans and their hit tour with the New Kids on the Block — BSB member Nick Carter has been finding success as a solo artist, as well. He brings his act to Canada this week before heading to Japan and then boarding the cruise ship once more in December.

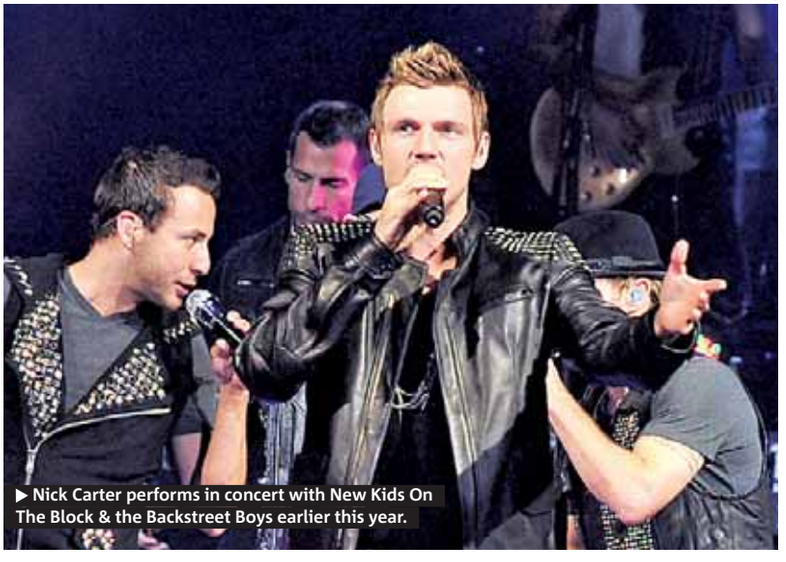
How are things going for you?
It's going really good. I just got done at the gym, sort of preparing mentally and physically for the tour. And gearing up, you know? I'm excited.

You're touring with a full band now, right?
Yeah, about four band members, yes. The show is jam-packed. It's all set up and it's going to be like a rock concert, but with pop and dance. It's going to be a really cool, unique show — a lot different, actually, than a Backstreet Boys show.

How so?
Well, it's different for the audience because my concert is almost like a hybrid rock concert. Because a lot of my songs are from the past, things that I'm influenced by. You know, a little bit of rock music, funk. I play guitar, I dance. I'm putting on a show — we've got costumes, choreography for the band members, all sorts of crazy stuff.

What's your experience been in Canada, and what are you looking forward to this time?
Well, my experiences have always been fantastic. The Canadian fans, they love our music and they love what we stand for — it's sort of like a cult following. (Laughs) It's like you're a part of something that some people don't want to be a part of anymore, and yet we stand for something. So that's kind of what the Canadians do, they really love our music and they love pop music. They believe in our talent, and that's why we keep coming back.

GETTY IMAGES



▶ Nick Carter performs in concert with New Kids On The Block & the Backstreet Boys earlier this year.

How has the response been to your latest solo album?
The response has been amazing. I think, the fans felt that I was giving them back a little bit of what they know so well after a bit of going too far left — being too much rock, going too far from what they know.

After this tour you have another cruise on the S.S. Backstreet coming up?
Yes, we have another cruise in the beginning of December, from the first to the fifth. We're going out, we set sail and we party like rock stars with our fans. It's kind of off the charts. It's something you can't really explain until you go.

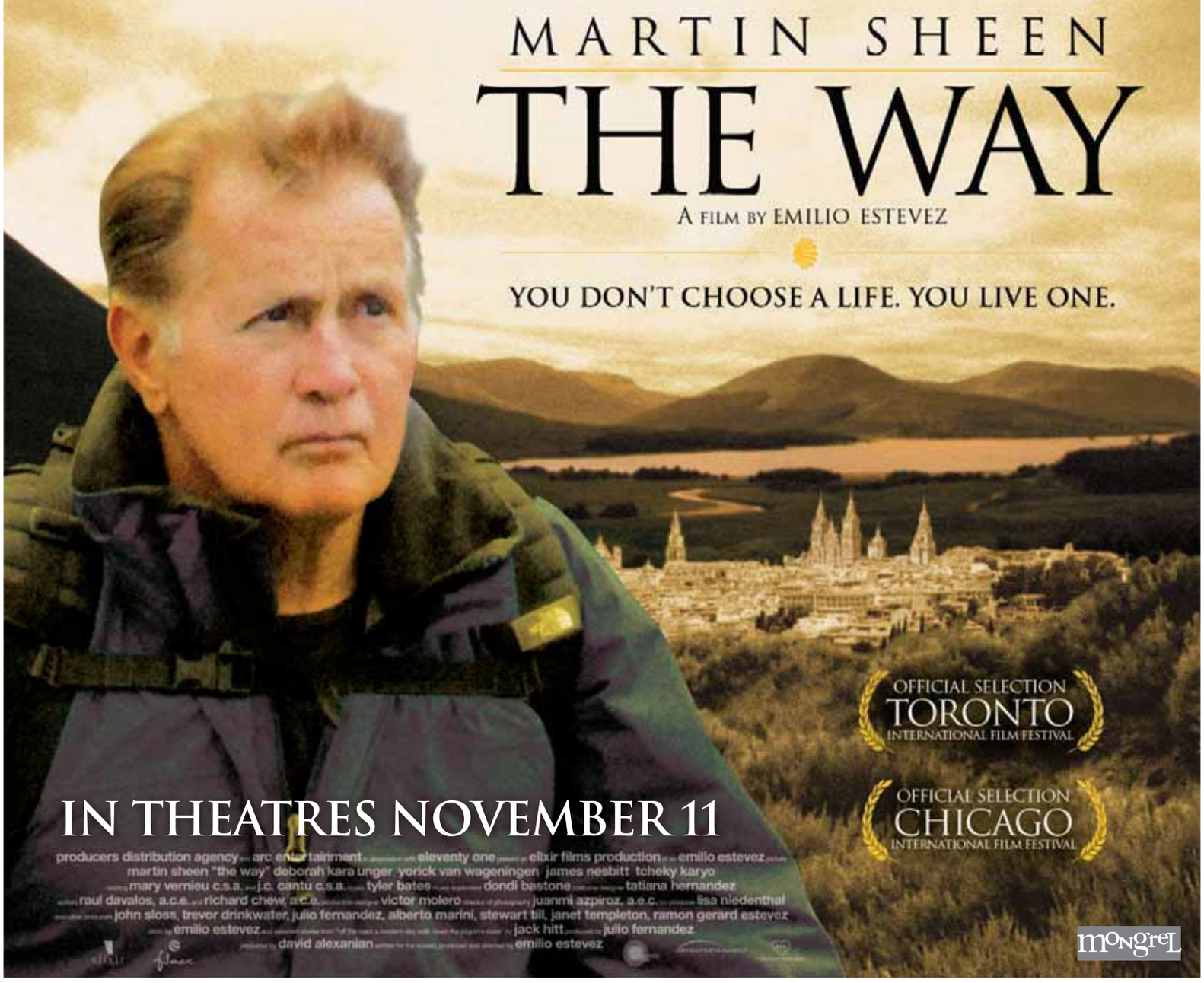
What do you think of Justin Bieber? And do you have any advice for him?
Oh, everyone loves him. We think that he's super-talented. We just hope that he can transcend and evolve. That's the biggest thing — evolution. I don't really give advice to people because they need to figure it out for themselves. They're writing their stories, and no one wants to say in the future that someone told you what to do and that's what happened, you know?

"A SWEET AND SINCERE FAMILY PILGRIMAGE! AUDIENCES SEEKING UPLIFT WILL FIND IT HERE."
- ROGER EBERT, CHICAGO SUN-TIMES

"ONE OF THE MORE JOYOUS MOVIES OF THE YEAR!"
- CHRISTOPHER NULL, FILMCRITIC.COM

"OPEN YOURSELF UP TO THIS THOUGHTFUL, MOVING PERSONAL ADVENTURE!"
- PETER TRAVERS, ROLLING STONE

"A SENSUOUS, EXPANSIVE HYMN TO TRAVEL AND TRANSFORMATION IN A MOVIE THAT HONORS EARTHLY PLEASURES AS READILY AS IT CONTEMPLATES HIGHER THINGS."
- ANN HORNADAY, WASHINGTON POST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In the skin of a genius filmmaker

- Antonio Banderas teams up with Pedro Almodóvar — once again
- The Skin I Live In is about survival, identity and power, says Banderas

STEVE GOW
SCENE@METRONEWS.CA

It's been 21 years since Antonio Banderas worked with Pedro Almodóvar — the Spanish filmmaker that turned him into an on-screen star.

Now he's returned to the auteur for the provocative thriller The Skin I Live In and Banderas has barely noticed a change.

"(Pedro) was pretty mature actually in the '80s when we were doing all of those movies," said Banderas during a recent interview in Toronto.

"The logical progression for a director like him is searching always for himself and he became more minimalist, more austere and more profound."

Those are flattering words for the influential two-time Oscar-winner behind such films as Volver and Talk to Her. Perhaps known best for exploring controversial themes of desire, passion and identity, The Skin I Live In only expands on those ideas.

"This movie is about survival, it's about identity, it's about power," said Banderas. "Knowing him for almost 32-33 years now, this movie is more Almodóvar than Almodóvar."

Based on Thierry Jonquet's novel Tarantula, Banderas plays a plastic surgeon who keeps a beautiful woman hostage as he develops and tests a new artificial skin that is sensitive to touch. As a modern-day Frankenstein, Banderas was careful not to play it over-the-top.

"He's one of those characters that your normal tendency is just to go big with him because you can show some acting muscles. But Pedro contained me totally from the beginning."

While Banderas admits his next movie — November's big-budget Shrek spinoff Puss in Boots — was certainly fun to make, Banderas insists his love of independent film will never be in jeopardy.

"Movies serve many different purposes," said Banderas about the difference between Hollywood blockbusters and art-house drama. "(But) people like (Pedro Almodóvar) are needed — people who want to reflect on the human condition..."

CONTRIBUTED

▶ Antonio Banderas plays a modern-day Frankenstein in The Skin I Live In.

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‘They wouldn’t let me be me’

Ex-X Factor singer Haygood says he cut deal to exit Producers wouldn’t let him be a rocker

Former The X Factor contestant Dexter Haygood said he wasn’t pushed off Fox’s new singing contest. He jumped.

Haygood was among five contestants eliminated from the show last week. But the rock singer with the James Brown rasp said that what viewers saw didn’t reflect the whole story, including a behind-the-scenes agreement to ensure the swift exit he wanted.

According to Haygood, 49, who was part of mentor-judge Nicole Scherzinger’s group of age 30-plus contestants, he told Scherzinger two days before last Wednesday’s live performance show that he was dissatisfied with X Factor.

“I wanted to leave the show because I was unhappy that I was unable to be a rock artist. I grew up on rock,” said Haygood, of Memphis, Tenn., who enjoyed the spotlight in the 1980s as frontman for the rock group Xavion, which toured at one point with Hall & Oates. Being called on to do pop songs such as Beyoncé’s Crazy in Love and Katy Perry’s I Kissed a Girl was aggravating, Haygood said: “Can you imagine Steven Tyler, Mick Jagger, James Brown, doing (the Crazy in Love chorus) ‘uh oh uh oh uh’?”

Producers “seemed to have their way of doing things. I’m not sure why they wouldn’t let me be me,” he said Tuesday.

“Can you imagine Steven Tyler, Mick Jagger, James Brown, doing (the Crazy in Love chorus) ‘uh oh uh oh uh’?”
DEXTER HAYGOOD

Scherzinger, former member of the Pussycat Dolls, took his complaint to the show’s producers and came back the same day with an offer, according to Haygood: He would be bounced on Thursday’s results show if he agreed to return for the season finale.

Neither Scherzinger nor Fox immediately responded to requests for comment.

Haygood said he was contractually bound to remain on the show and wouldn’t have quit, but he appreciated the out he was given — despite the $5 million record contract that goes to the winner.
THE ASSOCIATED PRESS

12.1

Fox gave X Factor a lavish promotional launch but the show hasn’t lived up to the 20 million weekly viewers predicted by series creator Simon Cowell, with 12.1 million watching last Tuesday’s show.

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HANDOUT

▶ Dexter Haygood was eliminated from X Factor last week.

HANDOUT

▶ Phaedra Parks, left, and Sheree Whitfield are shown in a scene from The Real Housewives of Atlanta.

Reality TV condones bullying: Housewife

Fans of Bravo’s Real Housewives cable TV reality franchise often tune in for the catfights and drama, but one Atlanta housewife says the genre may encourage bullying.

“Unfortunately I do think that reality TV has spawned a whole culture of bullying,” said Phaedra Parks in an interview with The Associated Press on Tuesday.

“I believe that the behaviour you see on reality TV does not exactly exemplify how adults should be conducting themselves.”

Highlights of the series, which has been replicated in seven cities across the U.S., include volatile tempers, verbal outbursts, name calling and allegations of mean tweeting — and who can forget the infamous New Jersey table flip seen ‘round the world?

The last season of The Real Housewives of New Jersey kicked off with a chaotic, physical altercation at a baby christening, while the new season in Beverly Hills, California, has focused on veteran castmates ganging up on and ostracizing new girl Brandi Glanville, going as far as hiding her crutches while she had a broken foot.

Parks said she believes parents need to monitor what their children watch and insists that series like hers are not meant for young viewers.

Season 4 of The Real Housewives of Atlanta premieres on Bravo on Nov. 6.
THE ASSOCIATED PRESS

The Biebs a baby daddy?

California woman wants Justin Bieber to take a paternity test
Claims four-month-old child is his

▶ Justin Bieber

A California woman claims that Justin Bieber is the father of her four-month-old child and wants the 17-year-old pop star to take a paternity test, according to TMZ. "He told me he wanted to make love to me and this was going to be his first time," the woman, 20-year-old Mariah Yeater, says in a sworn affidavit, explaining that they met backstage after an L.A. concert in October 2010, where Bieber allegedly invited her to join him in private — in a bathroom.

"We went inside and immediately his personality changed drastically," Yeater says.

"At the time I asked him to put a condom for protection, but he insisted that he did not want to. In his own words, he said that because it was his first time he wanted to feel everything."

Bieber's camp is denying the allegations, of course: "While we haven't yet seen the lawsuit, it's sad that someone would fabricate malicious, defamatory, and demonstrably false claims," the singer's reps say. "We will vigorously pursue all available legal remedies to defend and protect Justin against these allegations." METRO

WHAT ABOUT THE GIFTS, KIM?

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Day three of Kardashian divorce coverage and we're not slowing down — not when, like Pompei, there are so many unanswered questions out there.

But they won't be unexplained for long as — wouldn't you know it? — it just so happens Kris Jenner has a new book, Kris Jenner: And All Things Kardashian, that she has to promote!

The ladies of The View grilled Mama Kardashian yesterday and whereas Jenner was very honest, she says she doesn't know what her daughter will do with that $2 million dollar engagement ring.

But we do, thanks to a quick chat with etiquette expert extraordinaire, Lizzie Post, co-author of the new book Emily Post's Etiquette: 18th Edition. And although "etiquette" and "Kardashian" go as well together as "Larry King" and "sex tape," she does have some good points.

"That's her ring to keep," she advises.

"It's really hers and it's up to her on what she decides to do with it.

"She did have a marriage. Just because it didn't last very long doesn't mean she didn't follow through with her engagement."

But, as for the news Kardashian is donating her millions of dollars worth of wedding gifts to charity, Post says that is just wrong, wrong, wrong.

"It's totally inappropriate!" she laughs.

"I know her heart is in the right place but the truth of the matter is, the intention behind a wedding gift isn't to be donated, it was for them to be used as gifts for Kris and Kim and their life together.

"The appropriate thing is to return them to the person who gave it — especially if she goes and gets the tax write-off for them."

Post's last piece of etiquette advice is that everyone (even big-headed gossip columnists like myself) need to be respectful of their divorce.

"Everyone should be very open minded and respectful now," says Post.

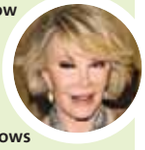
"I don't care who you are — having a marriage dissolve after that short of time is very painful," she adds.

ALL PHOTOS GETTY IMAGES

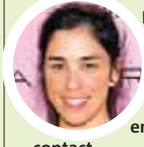
▶ Kim Kardashian and Kris Humphries in happier times.

Celebrity tweets

@JimCarrey
I wonder how many seals escape being eaten by great white sharks because the sharks have mistaken them for surfers.


@Joan_Rivers
I think I know why Kim's marriage lasted only 72 days. Apparently she only knows 71 positions.

@SethMacFarlane
There's a decent chance our next president will believe that humans once kept dinosaurs as pets.


@SarahKSilverman
I wish I had a deity co-pilot. I don't even have an emergency contact.

Jess gushed about weight gain to mag

▶ Jessica Simpson

In an interview conducted before she announced her pregnancy, Jessica Simpson gushed to Lucky magazine about how happy she was to have put on weight.

"I got so much scrutiny for putting on extra pounds, but I think that the decision not to make myself anorexic was actually great for branding," the singer and designer says.

"All kinds of women started coming up to me and saying what an example I was setting by not constantly dieting." Simpson also says any speculation about her wedding is premature.

"I haven't started shopping for our wedding yet," she admits.

"When I got engaged, everyone thought I would get married immediately, but I have not put a single dress on." METRO

ScarJo's nudes were meant for Reynolds

Scarlett Johansson says the nude photos of her that were leaked by a hacker were originally intended for ex-husband Ryan Reynolds — though Johansson's personal photo shoot took place while the two were still married.

"They were sent to my husband. There's nothing wrong with that," the actress tells Vanity Fair, explaining that she took the pictures herself because "I know my best angles."

Besides, Johansson doesn't understand why the pictures should be such a scandal anyway.

"It's not like I was shooting a porno," she says.

"Although there's nothing wrong with that either." METRO

▶ Scarlett Johansson

Kutcher's TV life is also steamy

The latest episode of Two and a Half Men featured a bit of art imitating life, thanks to a line of dialogue from Ashton Kutcher's character that was either meant to poke fun at his cheating scandal or serve as some sort of announcement about he and Demi Moore's marriage.

While discussing redecorating ideas, Kutcher's character says, "Can I have a jacuzzi on the balcony? Because I'm single now, so I'm going to be having sex with a lot of women I haven't met yet."

Coincidentally, Sara Leal says Kutcher had sex with her in a jacuzzi on a balcony while he was in San Diego in September — on the night of his and Moore's wedding anniversary. METRO

▶ Ashton Kutcher

Close up on Bridget Kelly

Jay-Z's protégé is a New Yorker with a debut EP that features The Dream and Frank Ocean, and a mean flair for makeup

She shares some of her stage tips

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Lip balm that won't catch flies

"I wear my hair down a lot so I'm not a fan of lip-gloss," says the Roc Nation singer who is currently working on a new album. "If I'm on stage and the wind blows then my hair will get stuck on my mouth so I avoid it. MAC's pink lip conditioner gives just a little bit of tint and looks like a gloss without the sticky shine. It's just enough moisture to look like makeup."

Beating the bad skin days

"The NARS duo concealer in custard/ginger saves my life when I'm having a breakout," Kelly explains. "It completely covers what I need covered. And if I have a show, MAC studio tech compact gives me complete coverage and gives my face a glow."

The trick to cheek contouring

"I have high cheekbones so it's really easy for me to mess the blush up and end up looking like a doll. For the best result I use a small brush with St. Tropez Bronzing Rocks. I try and contour the powder below my cheekbones by making a fish face and pouting my lips so I can see where my cheekbone line is and then I just brush underneath it. This helps illuminate them a little more."

On the perfect eye:

"I have long lashes so mascara easily starts to cake and I end up with tarantula eyes. L'Oreal Voluminous mascara is wonderful as it really separates my lashes and adds a bit of lift to them so I don't need eyelash curlers."

Bridget Kelly's beauty rules

1. "Wash your face twice a day to keep the skin fresh and the pores clean."
2. "Never be afraid to try new things. I used to have a fear of lipstick as I used to find a heavy lip so overwhelming. It can overpower the face and that freaked me out. Now I've started experimenting and I'm more comfortable with the idea so I sometimes go for an orange, bright pink or dark purple lip, colours that used to horrify me."
3. "Find makeup that matches your neck. I often see women with all different shades on their face, hands, neck and chest. That never works."

IN HER MAKEUP BAG

NARS
Duo Concealer in Custard/Ginger
$30, narscosmetics.com

MAC
Lipstick in brave red
$15, maccosmetics.com

BURBERRY
Brit Eau de Toilette
$72, burberry.com

L'ORÉAL PARIS
Voluminous Volume Building Mascara in Black
$8, lorealparis.com

ST. TROPEZ
Tan Enhancing Bronzing Rocks
$40, st-tropez.com

3 life

Style pick

Jil Sander iPhone holder

Yes, the iPhone 4S is here. Whether you're a technocrat or not, it's always a wise move to keep your gadget safe by (colour) popping it in this on-trend, saffron sheath.

RICHARD PECKETT

JIL SANDER
$125, oki-ni.com

Saint Pierre teams with Reitmans; boost for New Labels; Pugh for MAC

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Unravelling the knitwear craze

Knitted apparel has surfaced in a big way this season And we don't mean the sweater Granny crocheted for you (but round of applause for kitsch value) We're talking about statement, winter woolies for the boys

STRIPES

1. Marc by Marc Jacobs mohair knit $414, my-wardrobe.com
2. ASOS stripe crew neck $42, asos.com

CHUNKY

Extra padding is a must on those bitterly cold, winter mornings.
3. Acne Helsinki, $380, acnestudios.com
4. Zara mohair sweater, $79, zara.com

CABLE

Yes, the cable knit is a classic. But it has never looked more relevant than it does now.
5. Polo Ralph Lauren cricket sweater, $225, mrporter.com
6. H&M jumper, $50, hm.com

SHAWL COLLAR

They may look like something your old man would shuffle around in but they'll certainly earn you fashion cred.
7. Topman $120, topman.com
8. Paul Smith $310, paulsmith.com

RICHARD PECKETT

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
At The Carlu, presenting tonite's final P+G award for Best Mag Cover. Kim Cattrall is hosting the show!
@Jeanne_Beker:
So...what do YOU think makes a great fashion magazine cover?

▶ "You know you are iconic when you are a Halloween costume" (Jeanne retweet, posted by @kent_worth)

- **@kellycompeau** "what do YOU think makes a great fashion magazine cover?" — A 45 yr old that hasn't been air brushed to unrealistic perfection
- **@Jeanne_Beker:** I agree. Reality rocks!
- **@miawallace16** re: mag covers — colour is very important. needs to have shelf appeal. so many options these days. #bebold
- **@Jeanne_Beker:** Absolutely! We need to be engaged...
- **@Twilinium** What catches my eye is a really gorgeous outfit, ie. SJP in Bottega Veneta on the September 2011 Marie Claire cover. So fab!
- **@Jeanne_Beker:** So do you prefer celebs over mere models on covers?
- **@Twilinium** I have never thought about that, really....I guess I don't have a preference. As long as she "wears it well" :)

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Tips guaranteed to blow you away

THE KIT

BY CHANTEL SIMMONS

Can't afford a weekly salon blow-dry? Fake it at home with these salon-worthy tools.

1. Brush hair wet or dry with John Frieda Sleek Finish brush.

It contains deep-shine silicone bristles that create shine, smooth flyaways and reduce frizz, and a ceramic titanium coating for even heat and shine enhancement.
$20, johnfrieda.ca

2. Protect hair from heat damage caused by dryers and irons by applying Revlon Style Masters Pre Tools Defender,
$20, revlon.com

3. Tame frizz for up to two full days with L'Oréal Paris Hair Expertise Ever-Sleek Sulfate-free smoothing system.
$11, loreal-paris.ca

4. Light as a small water bottle, the T3 Featherweight dyer, with its ionic and infrared heat combo dries hair 60 per cent faster.
$200, sephora.ca

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Hottest new appliances

Chop, sizzle and chill out in style with the latest and greatest gadgets for your kitchen

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Each fall new and exciting kitchen appliances are introduced to the marketplace. This year offers new technology, more stainless steel and built-in styles. Here's a quick peek at some of the most interesting I found.

Thermador Masterpiece Induction Cooktop

Induction cooking offers immediate on/off heat that is safe for busy kitchens and serious cooks. The exclusive Sensor Dome feature monitors the heat of the pan so that food cooks at the constant heat level you want; $5,150.

Bosch 800 Plus Series dishwasher

This is the dishwasher that hits home with small space and open-concept home dwellers; it's the quietest and most water efficient on the appliance market.

No more turning up the television while the dishwasher is running. It also has a half-load cleaning cycle, which saves water and energy; $2,400.

Sharp Microwave Drawer Ovens

A new way to consider installing a microwave is under the counter and the Sharp microwave oven is one of the firsts to do so.

Mounting it low means it is tucked out of view, easy for children to use and means no lifting hot dishes from above. A safety button gives parents peace of mind when not around; $1,100.

Scholtes 24 inch built-in wine fridge

This smart looking, built-in wine fridge looks great mounted high on the wall or below a counter and sits flush with the depth of cabinets. It holds up to 24 bottles, offers UV light protection and clean air circulation to keep wine safe. It's the perfect size for those that want to integrate a wine fridge into an average or small-sized kitchen; $1,999.

Jura Impressa J9 Coffee Machine

This is the granddaddy of high-end countertop coffee machines; just one touch and you can automatically make barista-quality lattes, espressos and cappuccinos. Truly the best! $2,995

De'Longhi's hand blender offers more than just puréeing like a pro.

De'Longhi Hand Blender

The three blades and stainless shaft mean you can purée hot soups and sauces right in the pot. It's great for smoothies too! A rubberized handle keeps the blender non-slip and keeps buttons protected from heat and splatters; $99.

BOSCH

▶ Induction cooktops offer instant on/off heat.

Frigidaire 30 inch Freestanding Electric Double Oven Range

This is the Cadillac of ranges for busy families or cooking enthusiasts; the full-sized double ovens can each hold 28 pound turkeys and the stovetop boasts five elements (two of which are expandable), plus a warming zone; $2,200.

Bosch VitaFresh Refrigerator

This armoire-style refrigerator has two upper doors and a deep freezer drawer below that makes food storage a breeze. A high-tech lining within the fridge drawers help to maintain the perfect balance of temperature, humidity and air circulation, and an AirFresh filter (never needs to be replaced) keeps ice smelling and tasting great; $2,999.

CONTRIBUTED

▶ Frigidaire's double oven range allows for twice as much baking.

BOSCH APPLIANCES

▶ Sleek, built-in stainless appliances top the list of trends for this year.

CONTRIBUTED

▶ Scholtes' Compact Wine Fridge keeps up to 24 bottles perfectly chilled.

KitchenAid Architect Series Food Processor

This large sized food processor has an external adjustment for the slicing disc that allows you to control the thickness of cutting and adjust for thin or thick slicing without having to open the lid. It also has an ultra wide feed tube large enough for potatoes or cucumbers. Great for the family chef; $399.

CONTRIBUTED

▶ Sharp's Microwave Cooking Drawer takes the microwave to a new level.

SPONGING UP CLEANING ADVICE IN CHINA

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Greetings from Asia!

Yesterday, while having lunch at the new Andaz Hotel here in Shanghai, I had the honour to be with three wonderful local journalists.

Lunch started off as most business lunches do with pleasant conversation, but within the first 10 minutes one of the journalists leaned over and said, "Charles, as a professional butler, how do you clean a kitchen sponge?"

At first I was a little taken back, and then I laughed.

Why did I laugh? Well I started thinking to myself that despite literally being on the other side of the world from home, we all have the same questions in our daily lives.

So how do you clean sponges? Well, it is rather simple really.

1. Wash you sponge under warm running water with dish soap.

2. Take the wet sponge and twist most of the water out.

3. Put the moist sponge in the microwave on full power for 60-90 seconds.

4. Let it dry on your kitchen counter.

Now one thing to always remember: don't keep sponges for too long. Lucky enough sponges are generally inexpensive and so after a period of time (I change mine pending use every two to four weeks) they should be replaced, but it is important to clean them daily.

GOT A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ Why clean your dishes with a dirty sponge?

Global spaces: Queens, N.Y.

A LABOUR OF LOVE

Nana Ekua Brew-Hammond persevered through a volatile housing market, months of renovations and a sinking bathroom ceiling to get to her dream apartment The end result is an amazing space that reflects her African-influenced style

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Name: Nana Ekua Brew-Hammond
Occupation: Novelist and senior manager at Bluefly
The space: A renovated one-bedroom apartment
The city: Queens, New York

"It's a pre-war place with an '80s sensibility and a bit of a '70s look — but it's not tacky," says first-time homeowner Brew-Hammond of her place in Jackson Heights.

The author of Powder Necklace, a novel loosely based on her experiences in a Ghanaian boarding school, was originally looking for a swanky, modern space.

But after the market tanked she was forced to make some compromises.

"I'm a bit of a princess, so I wanted everything in my apartment to be perfect the day I moved in," she admits.

Instead, it took her six to eight months to find a fixer-upper that fit her budget.

"It had these beautiful wood floors that needed cleaning and a kitchen and bathroom that completely needed gutting," she says. "Oh, and the bathroom ceiling caved in."

She called in a contractor and set about personalizing her place with details that reflect her heritage: wooden soldiers that she bought during a visit to Africa ("the customs guards at JFK airport scanned them six or seven times and I was like, 'There's no cocaine'"), a hand painted Lucas Risé cabinet and colourful rugs.

"I'm glad I was forced to take my time because now I've got what I want on an affordable budget. And every time I walk into my apartment, I smile and say to myself, 'This is my place.'"

KASHISH DAS SHRESTHA

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4

POPS OF COLOUR FOR THE KITCHEN

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Indian Temple Large Platter
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PAUL SMITH FOR STELTON
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$500, barneys.com

WAECHTERSBACH
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$40, cooking.com

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$5, ikea.com

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Fun decorations for fall

You dressed the kids for Halloween, now you can dress your home for autumn Use seasonal materials

DIY IDEAS

It's easy to capture the feeling of the season without displaying fake and over-the-top decorations.

These simple tips will update the look of your home.

While decor is an easy trick, some lucky homeowners are subject to ambush contracting at its best with host Josh Temple in DIY Network Canada's House Crashers.

Stunned homeowners win the remodel lottery with dramatic, eye-popping home transformations.

Use these eye-catching materials to add beautiful autumn decor to your porch or yard.

Dried cornstalks
These can be purchased at roadside vendors or other locations where pumpkins and apples are sold.

Bunch together 15 to 20 dried cornstalks at a time and tie in the middle with twine.

Add a colourful ribbon around the twine in burgundy, green, orange, or a colour that suits your home.

Place them on either side of an entranceway for a beautiful first impression.

Plants
Mums are the key to a fall feeling. Find a colour that will bring a zing to your overall decor.

Flowering cabbages are another great way to include plants.

Both of these can be purchased and kept in pots to be displayed in front of your house if you don't have room in the garden.

Pumpkins and gourds
This is one of the simplest ways to decorate for fall.

Arrange an assortment of pumpkins and gourds in varying sizes and shapes to dress up any walkway, staircase or entrance.

Dried corncobs
These come in a variety of colours and add harvest flair to fall decorating.

Tie them to cornstalk bunches or include in larger arrangements.

Wooden signs

Autumn is a great season to display your favourite craft items outdoors.

- **Painted wooden signs** can be purchased from craft fairs or made yourself to bring fall sentiments to your decor.
- **Say it loud:** You can include signs that are simple, like "apples," or paint your favourite family sayings.

Wreaths
Whether homemade or store-bought, wreaths are a great way to dress up your entrance.

Think of including berries, mini gourds, silk flowers or leaves, and colourful ribbon.

HOUSE CRASHERS AIRS WEDNESDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA.

ISTOCK

▶ Don't wait until December to put a wreath on your door.

Make your old place feel new

Selling your home is no easy task Here's a few simple tips that can help increase your pad's appeal

LINDA CLARKE
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

For homeowners stuck in a selling stalling pattern, don't just kick back and let the place crumble until you move. Instead, ask these two questions: Do I really need to move right now, and why didn't it sell? Then, take action, advises Jeff Kaliner, founder and CEO of Philadelphia-based Power Home Remodeling Group, which has branches throughout the Northeast U.S. and specializes in siding and windows.

"First, decide whether you want to increase the home's appeal to sell it, or to make it more comfy for you and your family," says Kaliner. Any makeover will add new appeal to a home you have tired of, plus, it'll add eye appeal when you decide to put it back on the market. "You don't have to spend a lot of money," he says. "[There are] many things you can do yourself." Kaliner gives us some ideas.

Replace doorknobs
This is another easy way to change the look of a room, or the whole house. "This is such a simple thing. You can change cabinet knobs or doorknobs throughout," he says.

Replace fixtures and fittings
Whether it's light fittings or bathroom fixtures, replacing old tatty ones or matching up finishes is a simple way to streamline a room. "You can change from shiny brass to oil rubbed, or something like that," he suggests. "It makes a huge difference inside."

Keep up with repairs
Whether you decide to stay or keep trying to sell, if your home needs some love, get to it. "You don't always get a 100 per cent return on what you spend," says Kaliner. "Rather than increase the value, a well-kept home means you haven't allowed value to decrease.

Update basic systems
"If your heating system or water pump or any other basic system is older, think about replacing it. Make sure that the basic guts of the home are working properly and up-to-date."

Do some landscaping
"Clean up! This increases curb appeal," says Kaliner.

"It's something you can do yourself. Do some planting, cut shrubs and clear the bicycles off the lawn."

ISTOCK

▶ Replacing doorknobs is an easy way to update a home's look.

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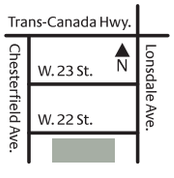

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The chemistry of composting

The right carbon-nitrogen balance makes for successful composting
Learn how to be a 'bug dietitian'

LEE REICH/THE ASSOCIATED PRESS

▶ One useful, organic nitrogen fertilizer is soybean meal, which is inexpensive and available at stores that sell animal feed.

A bit of chemistry might be good for your compost.

Actually, we need deal with only two familiar elements: carbon and nitrogen. They're the ones for which the "bugs" that do the work of making compost are most hungry.

Work is too strong a word, though, because these composting bugs do nothing more than eat.

And a balanced diet — one balanced mostly with respect to carbon and nitrogen — does them good.

'Carbo' loading

This time of year, the microorganisms' smorgasbord is set with an especially wide array and abundance of carbon-rich foods — essentially, old plants or plant parts. They are mostly brown and mostly dry; autumn leaves, for example.

Other carbon-rich foods include wood chips, straw, sawdust, hay and even paper. Just as we humans can't live on bread and pasta alone (carbon-rich foods, as are all carbohydrates), so it is with composting microorganisms. So let's now peruse the smorgasbord for some nitrogen-rich fare.

The nitrogen comes mostly from proteins; microorganisms, like you and I, need both carbohydrates and proteins. Nitrogen-rich compost foods include green stuff: young, succulent plants and plant parts.

There's not much of this stuff around in autumn, but there is some, including grass clippings, kitchen scraps, and spent broccoli, pepper and other plants.

Rouding out the compost pile's diet

When there's insufficient nitrogen foods to balance out all the carbon foods you can find for your compost, it's time for dietary supplements. Nitrogen-rich supplements for the compost pile include manures and nitrogen fertilizers.

Manures usually also add some carbon food, in the form of straw, wood shavings or whatever else was used for bedding for the animal.No need to get out the chemistry set to analyze how rich a food is in carbon or nitrogen so that you can get them in exact balance (which, if you must know, is a ratio of 20:1).

Nitrogen fertilizers are very concentrated sources of nitrogen. Just a sprinkling of any nitrogen fertilizer is all that's needed atop every few centimetres of high carbon food.

Compost happens

Keeping records of what you add to your compost pile and how it responds helps you remember what you did that worked.

But no matter what you do, any organic material put in the pile will turn to compost — even if the process takes longer or becomes "aromatic" along the way. **THE ASSOCIATED PRESS**

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Bursting with harvest flavours

Beat the cold by curling up with a steaming cup of seasonal and tasty Ruby Red Beet Soup

THE CANADIAN PRESS H/O

▶ This recipe serves six.

Beets offer up a jewel-like red colour to this soup and they are full of nutritional goodness and flavour.

When making the Ruby Red Beet Soup, look for larger beets to save time peeling.

Preparation:

1. Shred the beets, onion and potato in food processor fitted with shredding disk (or use a box grater). Place vegetables in a large saucepan along with chicken broth and orange peel. Bring to a boil; reduce heat and simmer for 20 minutes or until veggies tender. Let cool slightly. Discard orange peel.
2. Puree vegetables in batches in a blender or food processor until smooth. Return to saucepan and reheat until hot. Remove from heat. Stir in vinegar; season with salt and pepper to taste.
3. Garnish each serving with a dollop of yogurt and sprinkling of chives.

EMILY RICHARDS (EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/

Ingredients:

- 750 g (1 1/2 lb) beets, peeled
- 1 onion
- 1 large baking potato, peeled
- 1.5 l (6 cups) sodium-reduced chicken broth
- 2 strips orange peel
- 15 ml (1 tbsp) red wine vinegar
- Salt and pepper
- Low-fat thick plain yogurt (such as Greek yogurt), for garnish
- Chopped fresh chives, for garnish

FOODLAND ONTARIO/ THE CANADIAN PRESS

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New coach unimpressed

Martin Rennie runs his first Whitecaps training session, promises change for next season

MATT KIELTYKA
@METRONEWS.CA

MATT KIELTYKA/METRO

▶ New Whitecaps head coach Martin Rennie leads the team through off-season training in Burnaby yesterday.

It didn't take long for Martin Rennie to see first-hand how the Vancouver Whitecaps finished dead last in their first Major League Soccer campaign.

The new head coach ran the team through its paces for the first time as the Caps embarked on a rare 10-day post-season training camp.

After seeing his new squad, the Scot was the first to admit he has his work cut out for him.

"We need to improve a lot from where we are, just being honest," Rennie said after his maiden training session with the team.

"The overall standard at this moment in time isn't what it's going to be. It's going to be much, much higher and the players will realize that over time. The quality of our talking, the quality of our play, our passing, our finishing … everything.

"I think there's huge room for improvement and the guys probably know that too."

For the players, yesterday's training session was all about having fun after a tough season and getting to know the new coach.

"(Rennie said) just have fun with it, enjoy the game," said goalkeeper Joe Cannon. "He's coming here to right the ship. He's very serious, he's very organized and, from what I understand, it's going to be the right dose of medicine we need."

For some, that medicine will be a bitter pill to swallow.

The camp gives Rennie a chance to evaluate every player on the team and decide which players to protect in the upcoming expansion draft.

He also made it clear that players who fail to stand out over the next two weeks likely won't be returning for pre-season training.

"I think that's fair to them as well because they need to find clubs and do what they have to do," the manager said. "We at the same time have to find better players."

Rennie said he's interested in bringing in an experienced ball-winning midfielder and a new central defender to the squad.

He's already identified a few potential signings and has openly expressed his desire to reunite with some of the players he coached in Carolina en route to a first-place North American Soccer League finish this year.

The 10-day camp will include two inter-squad games.

Rennie has until Nov. 21 to list the 11 players he wants to protect in the expansion draft.

Is Henrik the best Canuck ever?

THE HOCKEY NEWS

EDWARD FRASER
VANCOUVER@METRONEWS.CA

With the world back on its proper axis and the Chicken Littles silenced (for the time being) following a pair of impressive Canucks wins, it seems like a good time to relax with a frivolity.

The Hockey News recently released a special edition titled The Best of Everything In Hockey, which includes each franchise's best player ever along with their all-time first and second teams. The selections were based not only on overall skill, but also on contribution to the organization.

Henrik Sedin got the nod as Vancouver's top player in history and, despite those who will call out for Markus Naslund or Trevor Linden, I think it's a very fine choice. The only player who you can make a reasonable argument for is Pavel Bure thanks to his gaudy numbers.

Bure put up a 1.12 points-per-game average during his seven years in Vancouver, which is far superior to Sedin's 0.83 pace. Even when you consider that overall scoring in the NHL during Bure's stretch was 6.29 goals per game compared to 5.59 over Sedin's 10 full seasons (a 12.5 percent decrease), it doesn't become apples to apples in terms of comparing their individual on-ice production.

Despite that, it's hardly an injustice. What is wrong, in my opinion, was the decision to put Bure on the all-time second team behind Naslund at right wing. Naslund is the franchise's all-time leader in points (756) and goals (254), but he also played 884 games versus Bure's 428.

Five-star vacation:

A lengthy road trip is, as they say, just what the doctor ordered for this club.

Although there hasn't been a lot of turnover on the roster, and all signs point to the dressing room being a cohesive one, it's never a bad thing to get some early bonding time.

On top of that, the schedule itself is favourable for a couple of reasons.

After a pair of easier games against the Blues and Wild, both of which are on the dark side of the goals-for/goals-against ratio, the Canucks meet up with their old rivals in Chicago. The Blackhawks are red hot and, as is always the case when the two teams meet up, tempers will run high. And nothing creates solidarity like a common enemy.

Secondly, the Canucks will play the remaining five games of the trip in nine nights. That's a lot of time on the ice, exactly what a team finding its footing needs.

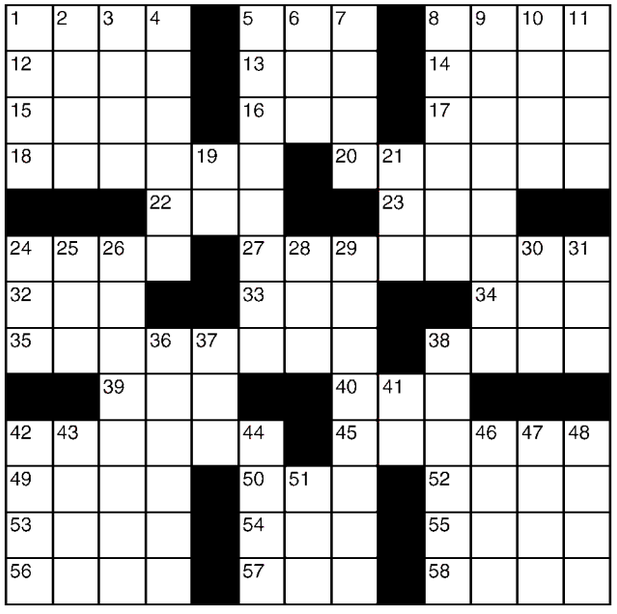
4 sports

Quoted

"Well, I was (ticked) off. Of course I want to be in that situation on the ice, and you know it doesn't matter who I said it (to) and what I said."

ALEX OVECHKIN. TELEVISION CAMERAS CAUGHT WHAT APPEARED TO BE SOME UNPLEASANT WORDS FROM THE CAPITALS CAPTAIN DIRECTED AT COACH BRUCE BOUDREAU, AFTER OVECHKIN WASN'T AMONG THE PLAYERS BOUDREAU SENT ONTO THE ICE AFTER PULLING THE GOALIE WITH A ONE-GOAL DEFICIT LATE IN REGULATION TUESDAY NIGHT AGAINST THE ANAHEIM DUCKS.

Crossword



Across

1 Spinning toys
5 — -relief
8 Help with a crime
12 Beehive State
13 Every last bit
14 Crooner Jerry
15 Use a teaspoon
16 Spy-novel org.
17 "... and to — good-night!"
18 Alaskan brown bear
20 "GWTW" hero
22 To the — degree
23 Trail behind
24 Spoof
27 Locales for snuffing
32 Commotion
33 Gun lobby grp.
34 Wrestling surface
35 Confined
38 Moist in the morn
39 A billion years
40 Prepare Easter eggs
42 Surprise attack
45 Chocolate-coated treat
49 "Buenos —"
50 Playwright Levin
52 Corn territory
53 Lobs' paths
54 Book spine abbr.
55 Blueprint additions
56 Create
57 Conger, e.g.
58 T, in Morse code

Down

1 Walrus feature
2 "Beetle Bailey" dog
3 Remunerated
4 Psychiatrist
5 Tennis stroke
6 "The Greatest"
7 Thick chunk
8 Computer user's icon
9 Situation
10 Model Macpherson
11 Rend
19 What @ means
21 Last (Abbr.)
24 Jongg preceder
25 Praise in verse
26 Retort
28 — Lanka
29 Court pastime
30 Deviate off course
31 Pigpen
36 Fluffy dessert
37 Type units
38 Just said no
41 Rocky's greeting
42 Leading man?
43 Actress Sorvino
44 Apiary home
46 Gaucho's weapon
47 Temple University team
48 Humorous poet Ogden
51 Fish eggs

▶ Yesterday's answer

A	R	T	S		B	I	O		E	D	G	E		
L	E	A	P		A	D	D		R	E	A	R		
B	A	L	L	Y	H	O	O		A	L	I	S		
A	L	L	I	E			R	E	S	A	L	E		
			C	A	S	K		M	E	W				
T	A	K	E		L	O	C	I		A	L	A		
S	K	I		K	A	R	A	T		R	E	S		
P	A	L		E	W	E	R		B	E	A	K		
		O	N	E		A	P	E	R					
R	O	W	E	N	A			T	O	R	S	O		
A	L	A	S		S	A	N	D	W	I	C	H		
M	I	T	T		P	R	Y		S	L	U	M		
P	O	T	S		S	E	C		E	L	M	S		

Sudoku

4		5				9		3
	7		5		3		1	
6			4		8			7
		7	9		5	3		
		8	3		7	4		
2			7		6			8
	9		2		1		4	
7		1				6		2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	6	2	7	9	1	8	3	5
3	7	1	2	5	8	6	9	4
5	9	8	3	4	6	7	2	1
2	4	6	1	8	7	3	5	9
8	1	5	9	3	2	4	6	7
9	3	7	5	6	4	2	1	8
1	8	3	4	2	9	5	7	6
7	2	4	6	1	5	9	8	3
6	5	9	8	7	3	1	4	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Baby (RSC), ILU and i just wanted to let u know how much u mean to me (which is A LOT) :P and i hope u like this surprise (mwah) <3 **AROOSA ;)**

William, It's been a long time since we have seen each other. I am good. I am sorry for how I treated you, I was beyond horrible to you. Maybe one day you can find it in your heart to forgive me and maybe we can be friends again. I hope your doing good as well. **L**

Welsh Princess
You are the girl that I have always been searching for - I'll never stop loving you and making you laugh. The sun shines brighter and my thoughts are filled with the golden hues of a radiance in love that you have given me! We are one, we always were and we will always be love incarnate!
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Today 8°/3° Showers 40%
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Check the 14 day trend.
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your confidence may be sky high but don't fall into the trap of thinking that you cannot possibly fail.

♉ Taurus April 21-May 21 Anyone who tries to tell you that you owe them your time, or even your money, is not to be trusted.

♊ Gemini May 22-June 21 Don't jump on someone's back just because he or she refuses to see things your way. Let it be.

♋ Cancer June 22-July 22 The more people say you can trust them today, the more you should be on your guard.

♌ Leo July 23-Aug.23 If opportunity comes knocking today, you must grab it with both hands.

♍ Virgo Aug. 24- Sept. 22 You are long past the point where what you get out of a partnership makes up for what you put in.

♎ Libra Sept. 23-Oct. 23 Strive to stay serene no matter how difficult life gets. You may find that it's not so difficult after all.

♏ Scorpio Oct. 24-Nov. 22 Avoid the temptation to point out a colleague's mistakes today because he or she won't take kindly to you making him or her look bad.

♐ Sagittarius Nov. 23-Dec. 21 You will do OK if you have a specific aim in mind and a plan to get you there by the shortest route.

♑ Capricorn Dec. 22-Jan. 20 Sometimes, it is best to break bad news to someone quickly rather than letting it drag on.

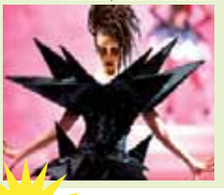
♒ Aquarius Jan. 21-Feb. 18 If you try too hard to make a good impression today, you may end up doing the opposite.

♓ Pisces Feb. 19-March 20. Uranus, planet of changes, warns you must not take chances with money. **SALLY BROMPTON**

Caption contest

MARKUS SCHREIBER/THE ASSOCIATED PRESS

NG HAN GUAN/ THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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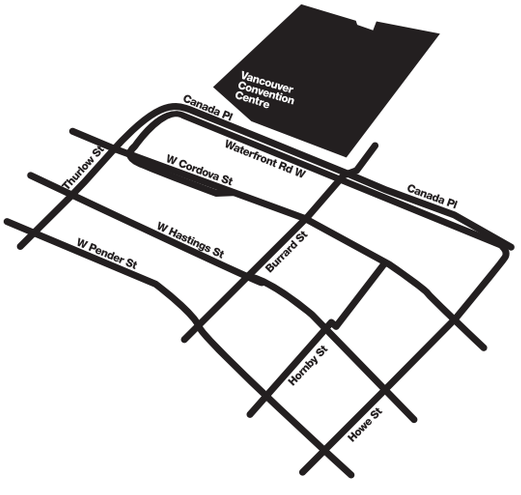

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See the CTV interview online at:
http://www.bullioncoinsandbars.com/article-2011-08-09-bbb.htm

Prices in this ad based on **gold @ U$1,733.75** and **silver @ U$36.40** and a **USD/CAD exchange rate of 1.03 on September 22, 2011, the day this ad was created.**

Below is a direct, real comparison of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer.

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1 oz. Recognized Gold Bar	$1,690.00	$1,789.25
1 oz. Gold Maple Leaf Coin	$1,700.10	$1,801.16
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Gold Coins and Bars

1 oz. modern, sealed bars	$1,789.25
1 oz gold Maple Leaf	$1,801.16
1 oz. Krugerrand	$1,742.19
Sovereign	$408.01

Silver Coins and Bars

1 oz. silver bar	$38.67
10 oz. silver bar	$389.85
100 oz. silver bar	$3,806.13
1 oz. silver Maple Leaf	$39.03

Canada Collector Coins

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1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$12.25
Canada 1967	$15.66
Canada 1966 and earlier	$20.09
USA 1964 and oder	$24.39

Scrap Gold *Per gram*

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18kt	$34.30

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